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SUPER DRAW March 5&8

LOTTO 649

Young volunteer remembered after tragic crash

Jordan Strickland's corneas will be donated to someone in need, family says PAGE 3

Everything must go

Kingsmill's — which for 149 years has been a staple in London's downtown — is preparing to make its final sales PAGE 6

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Must ... stop ... hemorrhaging ... money....

Determine your 'burn rate,' i.e. how fast you burn through funds, to get back on track PAGE 13

NEWS WORTH SHARING.

We're golden

London's Jeff Carter, centre left, and Drew Doughty, centre right, helped lead Canada to back-to-back Olympic gold medals in hockey Sunday as the Sochi Olympics came to a close OLYMPIC COVERAGE ON PAGES 4-5, 17 & 18

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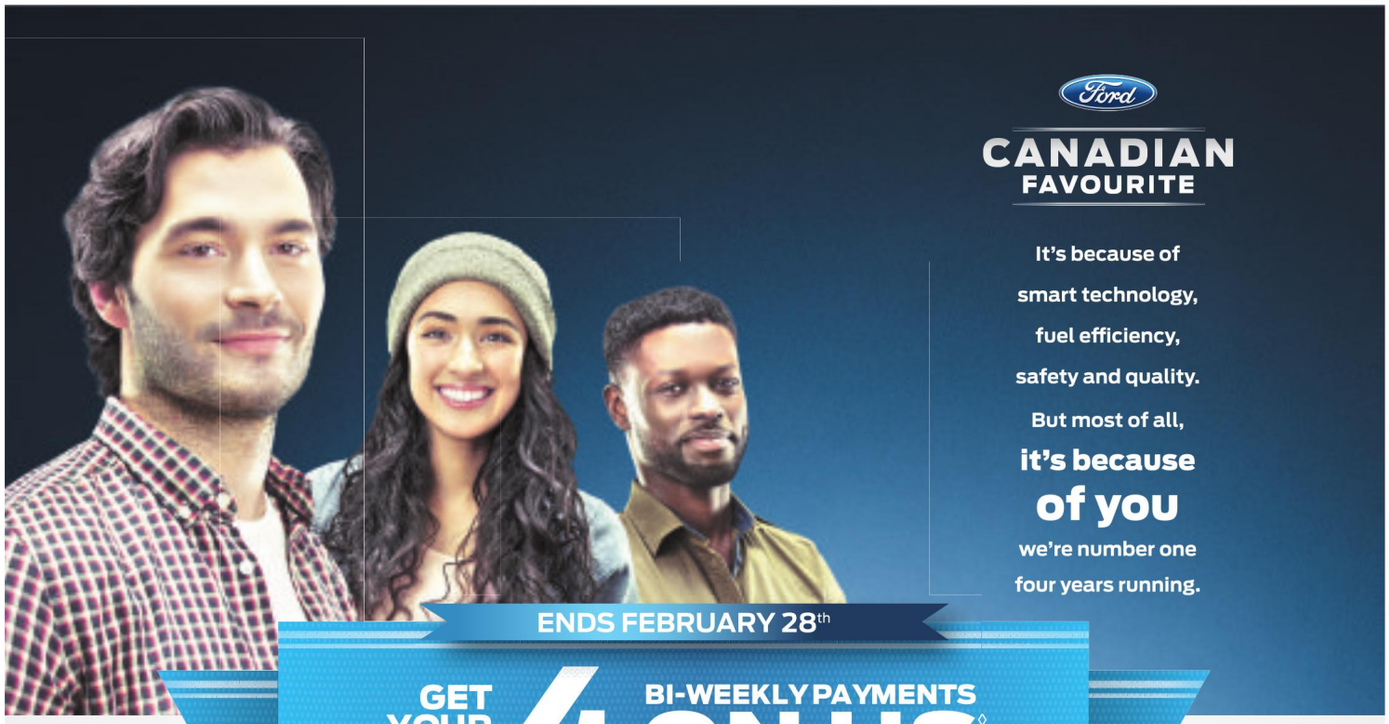
See inside for a London guide to everything from education and tourism to healthcare and business commerce



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Not combinable with CFP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. ¤Until February 28, 2014, purchase a new 2014 Escape S FWD/2014 Fusion S / 2014 F-150 XLT SuperCrew 4x4/ 2013 F-150 SuperCrew Platinum 4x4 5.0L or 5.0L or $17,428/$25,318/$23,798 / $33,368/$48,080 (after Manufacturer Rebate of ($0/$500/ $0/ $8,000/ $10,000) deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. 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Local music awards

Turning the big 1-0

Organizers of the Jack Richardson Music Awards (JRMA) will mark the event's 10-year anniversary April 12-13 in London.

More than 20 awards will be handed out to musicians in categories ranging from classical to hip-hop. Two artists will be inducted into the London Music Hall of Fame. Music career seminars and a youth competition are also planned.

New to this year's event is a chance for Londoners to register as JRMA academy members and vote for their favourite musicians. METRO

Home County

Organizers to unveil lineup

It won't be long before everyone knows who'll be on stage for this summer's Home County Music and Art Festival.

Organizers will launch the excitement March 19 at the London Music Club with live performances by Allison Brown with Uncle Don Henshall and Doghouse Rose.

Both acts will also perform at the festival, which is now in its 41st year and runs July 18-20 in Victoria Park.

"We have put together an exciting lineup for this year's festival," artistic director Darin Addison said. "Performers include a great mix of returning artists, along with a number of acts that are new to Home County. We also have a number of great local acts again this year."

SCOTT TAYLOR/METRO

Jordan Strickland, 27, was a testament to overcoming challenges and giving back to his community, family members said. He died in a Friday car crash. CONTRIBUTED

Remembering Jordan Strickland

Tragic crash.
Londoner's family recalls his bravery, volunteerism

ANGELA MULLINS
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Jordan Strickland never spoke a word.

He didn't need to.

His eyes — brown, piercing and earnest — spoke volumes. When he held your hand, the 27-year-old Londoner took you into his soul.

"He said more in those things than any of us can say (in words)," his mother, Janice Strickland, said.

Jordan died Friday in a Middlesex Centre car crash. The minivan he was riding swerved into the path of an oncoming SUV, police said.

But the eyes his family will never forget are living on, his corneas donated to someone in need.

"They asked if we'd be interested in donating them," Janice Strickland said.

Her answer was quick and simple: "Absolutely."

Giving to others and overcoming obstacles was a way of life for Jordan, family members said.

He didn't walk until he was seven. Once he started, he never stopped, constantly tackling new challenges, Janice Strickland said.

Whether it was on ski hills, roller-coasters or racing the Delaware Speedway track with a friend, the higher the reach and the faster the speed the better, as far as Jordan was concerned.

"He was braver and more open-minded than all of us put together," said aunt Ann Byberg.

A volunteer with organizations including Pillar Nonprofit Network and Gateway Church, Jordan was always on the go.

"Every day he had a (volunteer job)," his mother said. "He had a purpose every day when he went out."

Two of his biggest passions were the YMCA's Camp Queen Elizabeth and the London Knights.

Jordan attended the YMCA camp in Georgian Bay Islands National Park as a kid and went on to become a dedicated volunteer. He had a reserved seat in Section 106 at Budweiser Gardens, taking in practically every home hockey game for a little more than a decade.

Jordan was on his way home from Strathroy on Friday — having watched the Canadian men's hockey team beat the U.S. — with plans to attend the Knights game later that day, his mother said.

"He had an ordinary fantastic life," she said. "There (are) a million memories."

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Ultimate hockey mom

Doughty's mother sends love from home

Connie Doughty's tears of joy and sadness were spilling over Sunday, even on the telephone.

"I'm very proud of him and I wish I was there to support him, but he knows my situation and … I'm sorry," she told Metro.

Connie Doughty is the mother of Drew Doughty, one of the two Londoners to win hockey gold Sunday after beating Sweden 3-0 in the championship final.

A serious bladder infection that could have led to Connie's appendix being removed kept her home in London, while her husband, Paul, went to Sochi and represented the family.

"I'm pretty emotional, to be honest," she said. "I'm not there, so it's hard, but ... obviously I'm very, very proud. Wonderful moment for our country."

She was thrilled when she learned Drew had been named to the tournament all-star team — the only Canadian player selected.

"When I spoke to (Drew) last, I said just relish the moment. You deserve it. You worked hard your whole life, not that other players haven't," she recalled. "I mean they all have a dedication as athletes whether you're a hockey player or speedskater or whatever. They are so dedicated to their sport and they sacrifice a lot in their life for it."

Connie said the players and families were all treated well in Sochi.

"(Paul) said they couldn't have been treated any better than they were. Hats off to the Russians, and I feel sorry that they got such bad press to begin with and I feel that it was unjust," she said.

Drew Doughty had several golden moments on the ice leading up to Sunday's gold medal hockey game. GETTY IMAGES

Ice dancers Tessa Virtue and Scott Moir earned a silver medal early in the second week of competition in Sochi. It's believed to be their last Olympic effort. THE ASSOCIATED PRESS

Christine Nesbitt, front, came up short in all speedskating events after battling injuries heading into Sochi. GETTY IMAGES

London gets tremendous

High praise indeed. Londoners and former London Knights bring back bushel of medals

DAVE LANGFORD
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CBC's Jim Hughson took the time Sunday to praise Drew Doughty as he was handed his second men's gold hockey medal in four years.

"Maybe the best defenceman for Canada," Hughson said.

Then he broadened his accolades as a huge national TV audience listened, glued to every word.

"Thanks London, Ontario. They gave this tournament a lot," he said.

Truer words were never spoken.

London was indeed the talk of the men's hockey tournament before, during and now after Canada had completed its second consecutive journey to Olympic hockey gold.

We can start with Canada's two Londoners on the team: Doughty and forward Jeff Carter.

After scoring four goals and adding two assists in the tournament, Doughty was Canada's only all-star named to the six-person unit. Carter had three goals and two assists, with all his goals in the same game.

Then we add the former London Knights led by Corey Perry, Rick Nash and John Tavares on the Canadian team, Patrick Kane and John Carlson on the U.S. team and Olli Maatta on the bronze-medal Finland squad.

In all, eight players with London connections competed in the men's hockey tournament, and six of the

lauded for a role in Sochi

eight came away with medals — five on the Canadian team and a bronze for Maatta.

Impressive, yes, but they were not the only Londoners representing in Sochi. And they were not the only ones to bring home medals.

London's skating darlings, Tessa Virtue and Scott Moir — Ilderton is close enough — came away with two silver medals to add to their ice-dance gold from Vancouver four years ago.

After winning a silver in the new team event, they added the second silver in their specialty event, a somewhat controversial placing for many astute skating observers.

Two other Londoners found more challenges than medals this time around.

Christine Nesbitt, used to being on the podium with a medal hanging from her neck, was disappointed with her injury-challenged Olympics and is coming home empty-handed after winning medals in the past two Games in Vancouver and Turin.

And newcomer Dave Duncan was also medal-free after a disappointing 26th-place finish in men's skicross.

Skicross competitor Dave Duncan didn't reach the podium this time around, finishing well out of medal contention. THE CANADIAN PRESS

Jeff Carter, left, was a major force to be reckoned with as Canada's men's hockey team skated to gold. TORSTAR NEWS SERVICE

Kingsmill's gets ready for final sale

Closed for two weeks. Staff of 68 look certain to lose their jobs

MIKE DONACHIE
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It looks like the axe really will fall at Kingsmill's.

The Dundas Street store, a key part of downtown for more than a century, has closed and staff's preparing for its final sale.

Attempts to sell the business are ongoing, and no new buyer for the building has been confirmed since Pillar Nonprofit Network pulled out of a deal this month, citing high refurbishment costs.

Now the last act of the 68-strong work force will be to sell everything in the building.

For 149 years, the downtown anchor has sold everything Londoners needed to equip a home, and starting March 6 it will sell everything it's got until it's all gone.

As he prepared to close the doors for two weeks of sale preparations, owner Tim Kingsmill said the sale will take as long as it takes.

Professional liquidators have been hired to run the shutdown, and they'll be setting the prices. The layoffs will be staggered, meaning employees likely will be let go in stages.

"Everyone has different termination days," Kingsmill explained. "It will be floor by floor. It's difficult to describe the process."

But, whatever happens, all Kingsmill's staff will be gone by Dec. 1, he said.

"I'm anxious to transition to the next stage of my life," said Kingsmill, when asked about his emotions. "This is just another step along the road. It's been a difficult time.

"I've had sleepless nights. It is a big undertaking."

Long history

- Thomas Frazer Kingsmill opened the store, on its current site, in 1865.
- Tim Kingsmill, who's 59 and wants to retire, is the founder's great-grandson. He's worked in the store since he was 15.

After leading the charge at Kingsmill's department store for decades, Tim Kingsmill is retiring and closing the business. METRO FILE

Tearing up with the Black Community Achievement Award

London's Jennifer Slay chokes back tears as she accepts the 2014 Black Community Achievement Award. The award was given during the Black History Month Closing Gala on Sunday at Wolf Performance Hall. Slay has been a social worker at the Children's Aid Society of London and Middlesex for 15 years and is co-founder of Pink Ink, a local personal image and styling company. She has worked to educate others about issues affecting black people since moving to London in 2003. ANGELA MULLINS/METRO

Generous city. United Way hits its target

Another year, another target hit.

United Way London & Middlesex has announced a record-breaking year after raising $8,902,607 in its 2013 campaign, beating its target of $8.9 million.

The total was revealed at Saturday night's London Lightning game.

"I am incredibly proud of our community," said 2013 campaign chair Larry Myny. "This record achievement is a clear demonstration of the compassion and generosity of the people of London and Middlesex County."

The money will be invested in programs and services designed to address the causes of social problems.

It will mean that United Way will, in 2014-15, make the largest non-governmental community investment in social services in the history of London and Middlesex County, officials said.

"We appreciate our community's trust and confidence in United Way," said Andrew Lockie, CEO of the non-profit. "Together, we are making smart investments in strategies that change lives and provide proven results for our community — not just for today, but for the long term."

MIKE DONACHIE/METRO

By the numbers

- **$8.9 million**: 2013 campaign goal
- **$8,902,607**: 2013 total
- **13**: years that United Way has hit its target
- **$83 million**: total over 13 years
- **18,524**: donors in 2013 campaign
- **824**: locations and organizations hosting a United Way campaign

Don't leave them idling. Cops warn about car thefts

A reminder has gone out to Londoners after two cars were stolen recently in similar circumstances.

Both were left running while nobody was around, police said. That practice gives thieves an opportunity but also breaks London's bylaws.

At about 7:30 a.m. Feb. 16, police were called to the area of Hamilton and Gore roads for a report of a stolen vehicle. Then, about 5:15 a.m. Thursday, officers responded to another report of a stolen vehicle in the area of Genevive Crescent and Victoria Drive.

The police pointed to city bylaw that bans leaving a motor vehicle unattended "with doors unlocked, windows opened, key in ignition or in readily accessible location."

Another bylaw prohibits drivers from allowing a vehicle to idle for more than two minutes.

METRO

Chili cook-off. Mayor to compete in charity show that's hot stuff

Sometimes politicians dish up stuff that's hard to swallow, but wait until you see what Mayor Joe Fontana's up to now.

Get this: He's one of three chefs cooking up special chili recipes for a good cause Monday. And the public is invited to try a taste at the YOU Made it Café (332 Richmond St.).

Fontana will join radio broadcaster Andrew Lawton, who competed in MasterChef Canada, and the café's own chef, Ricardo Cavaco. Between 11:30 a.m. and 1 p.m., they will compete in the YOU Chili Cook Off for the title of chili champion.

"It's a fun event," said Christine Dirks, marketing and communications director at Youth Opportunities Unlimited (YOU). "All the proceeds go to the great cause of helping local youth in our community."

People can try the three dishes for a donation of $10, and indicate their support for their favourite by giving them money. Whoever makes the most for charity will win.

But why chili?

"It's the time of year," said Dirks. "It's nice and warm and heartening."

And asked for a sneak preview of the mayor's secret ingredients, she suggested it just might be "confidence."

MIKE DONACHIE/METRO

Dark-coloured SUV. Driver sought in Woodstock hit-and-run

Woodstock police are searching for a dark-coloured SUV with extensive front-end damage following a head-on crash Thursday at Oxford Road 4 and Tower Line Road.

The driver of a 2006 grey Mazda was on Oxford Road 4 and turning westbound onto Tower Line Road at about 6:15 p.m. when the car was hit by an SUV on Tower Line Road.

The SUV was trying to turn northbound on Oxford Road 4, police said. The Mazda has sustained approximately $6,000 worth of damage.

The driver of the SUV left the scene.

Anyone with information is being asked to call Woodstock Police Service at 519-537-2323 or Crime Stoppers at 519-421-8477.

METRO

From left, organizing committee chair Andrew Kope, finance and computer science student Shenglong Gao and computer science faculty mentor Dr. Mike Bauer at Western University. MIKE DONACHIE/METRO

Real-world problems get students thinking

Reading Week. Industry comes looking for bright ideas

MIKE DONACHIE
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It was quiet on campus last week as Western University students marked reading week.

But, while the rest were relaxing — sorry, make that reading textbooks — a large group gathered at the Western Science Centre to solve some problems.

Organizations came to Western with a series of tasks for students during this year's Industry Problem Solving Week, run by students with help from faculty mentors.

With those companies came real-world problems so the students, drawn from a variety of disciplines, could apply their brains and offer real-world help.

"The students are getting a chance to interact with industry," explained Andrew Kope, a recent Western graduate and chair of the event's organizing committee.

"That's something we don't get to do. We don't get to solve real-world problems.

"A lot of the time problems in our coursework are artificial and abstract."

As well as all the hard thinking, there was a chance to network with other students and people from industry, he added.

Problems to solve

Ten problems were presented to teams at the Industry Problem Solving Week, including:

- London Hydro asked about efficient ways of charging electric vehicles and posed a separate problem involving power distribution across grids.

Accepting the award is President John White and his wife Karen White.

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Liberals vote to legalize medically assisted suicide

Justin Trudeau votes on a resolution during the Liberal convention in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

But where does the leader stand? Trudeau goes MIA as convention delegates pass 'death with dignity' resolution

Federal Liberals have voted in favour of legalizing assisted suicide, but whether Leader Justin Trudeau will run with the idea is a mystery.

Trudeau was not in the room Sunday when delegates to the party's national convention passed a resolution urging that voluntary, medically assisted death be decriminalized — although moments earlier he was outside the convention hall, cheering as the Canadian men's hockey team won gold.

He was in the room later when delegates gave him an overwhelming endorsement of his decision to kick senators out of the Liberal caucus.

In an interview with CTV, Trudeau declined to give his personal view on assisted suicide, saying he's waiting for the Supreme Court to rule on some pending cases that could provide guidance on the issue.

He did allude to the "death with dignity" resolution, jointly proposed by the party's women's and youth commissions, in relatively positive terms during a keynote speech Saturday, but stopped short of taking a clear stand.

The resolution, Trudeau said, challenges Liberals "to expand our idea of what it means to be a free citizen in a modern democracy" and "to reflect on giving terminally afflicted Canadians the choice to end their pain and suffering and plan their own death with dignity."

Voluntary, medically assisted death should be decriminalized, states the resolution — after a public consultation to recommend the criteria for allowing terminally ill Canadians to choose to end their lives and an oversight system to protect the vulnerable.

It passed by a show of hands after a brief debate.

THE CANADIAN PRESS

Spoke Songs. Ex-addict hopes biking helps others break out of vicious cycles

Vancouver's public bike share may have stalled, but Jonathan Orr is unstoppable.

Struggling with addiction, Orr credits receiving an old Raleigh 10-speed bicycle in 2011 as a turning point in his life.

Riding and learning to repair the bike was pivotal in his recovery, and now — with the help of PHS Community Services Society — he's developing a bike-share program for others trying to overcome their substance abuse problem.

Spoke Songs, Orr's organization that promotes the healing value of cycling, kicked off its second year in Vancouver on Friday with an opening celebration at Vancouver's Interurban Art Gallery.

PHS executive director Liz Evans and Jonathan Orr. COURTESY COLIN ASKEY

MATT KIELTYKA/METRO IN VANCOUVER

Farm quarantined

Pig virus found in Quebec

Quebec has confirmed a case of the pig virus that has already killed millions of piglets in the U.S., the fourth province to do so.

The province's Agriculture Ministry said Sunday the virus was detected on a farm south of Montreal.

THE CANADIAN PRESS

Diesel fuel spilled

Train derails in Montreal

Crews were cleaning up Sunday after a CN train jumped the tracks in a Montreal neighbourhood, spilling diesel fuel.

A CN spokesman said the train was travelling from Halifax to Montreal and wasn't carrying dangerous goods. THE CANADIAN PRESS

Abandoned. Documents detail lavish spending of Ukraine's ousted president

Cash: $13 million. Decoration of a dining hall and tea room: over $2.5 million. Statue of a wild boar: $128,000. "A bribe": $4,400.

These are some of the expenses detailed in financial documents found in President Viktor Yanukovych's abandoned residence, which was occupied by protesters after the leader fled the capital.

After Yanukovych's departure Friday, the estate was opened to visitors. Ukrainians, many bringing their children, rushed to tour the parks and reacted with wonder and revulsion at the opulence, including Yanukovych's private golf courses, pig farm and a small zoo with ostriches and peacocks.

Meanwhile journalists combed through heaps of documents that appeared to show a leader who basked in extravagant wealth while his country sought bailouts from both the West and Russia.

Many financial and other kinds of documents had been burned, while others were dumped in a lake before Yanukovych fled his closely guarded residence, flying to the eastern city of Kharkiv, where his support base is strongest. But divers were able to retrieve many of the documents, and activists laid them out to dry.

Ousted president Viktor Yanukovych THE ASSOCIATED PRESS

Photos of the documents were posted online by Mustafa Nayem, a top Ukrainian investigative journalist for the Ukrainska Pravda website and Hromadske.tv online news channel. Other respected Ukrainian news outlets also reported on the documents.

THE ASSOCIATED PRESS

Ukraine faces uncertainty as opposition assumes power

People gather for prayers and to listen to speakers in Independence Square on Sunday in Kyiv. BRENDAN HOFFMAN/GETTY IMAGES

A top Ukrainian opposition figure assumed presidential powers in Kyiv on Sunday.

President Viktor Yanukovych called the move a coup and insisted he would not step down, but his whereabouts and grip on power are unclear after he left Kyiv Friday for his support base in largely Russian-speaking eastern Ukraine.

Under a European-mediated plan, protest leaders and Yanukovych agreed Friday to form a new government and hold early elections. Parliament slashed the president's powers and voted to release his rival, former Prime Minister Yulia Tymoshenko, from prison.

By Saturday, protesters had taken over the capital of Kyiv and seized the president's office as parliament voted to remove him and hold new elections.

On Sunday the parliament voted overwhelmingly to temporarily hand the president's powers to speaker Oleksandr Turchinov — one of Tymoshenko's most loyal allies.

The newly emboldened parliament struggled Sunday to work out who is in charge of the country and its ailing economy.

Fears percolated that some regions might try to break away as Ukraine is deeply divided between eastern regions that are largely pro-Russian and western areas that widely detest Yanukovych and long for closer ties with the European Union.

Yanukovych set off a wave of deadly protests by shelving an agreement with the EU in November. THE ASSOCIATED PRESS

Leaders call for democracy

U.S. President Barack Obama's national security adviser said that in a phone conversation with Russian President Vladimir Putin, the leaders agreed that a political settlement should ensure the country's unity. Meanwhile, former Soviet leader Mikhail Gorbachev said Sunday that the political crisis in Ukraine stems from its government's failure to act democratically.

Internal report

Middle class mired in debt

Canada's middle class is mortgaging its future to stay afloat, making the Canadian dream "a myth more than a reality." That's the blunt assessment of an internal Conservative government report, an unvarnished account of the plight of middle-income families. THE CANADIAN PRESS

Movie downloading

TekSavvy must reveal customer names: Court

A Canadian Internet service provider has been ordered to hand over the names and addresses of about 2,000 customers who allegedly downloaded movies online.

A Federal Court decision released Thursday compels Ontario-based TekSavvy to identify the customers allegedly linked to downloads of films by the U.S. production company Voltage Pictures. THE CANADIAN PRESS

California dreams felled

A worker with a removal firm looks at a tree as he manages a crew that removed an almond orchard in California this month. The state's drought has forced farmers to remove some almond orchards earlier than usual because they don't expect to have enough irrigation water.
THE ASSOCIATED PRESS

RRSP plans for all ages

HOW TO ROLL
Alison Griffiths
metronews.ca

In a perfect world you would have piles of disposable income available to funnel regularly into retirement and education savings, non-registered investments and debt payments. Alas, the world isn't perfect. Here are three age-specific RRSP strategies.

Under 45?
Contribute the maximum possible to an RRSP through automatic deposits. If you have children, use the annual refund for education savings (RESP). If you are still short of $2,500 annually per child (which attracts the maximum Canada Education Savings Grant of $500 annually), review the household budget to free up more cash. But if high-interest debt is hanging around, pay it down with the refund. Those without children should devote the refund to debt.

Over 45?
Focus on your future. There's still time to boost retirement savings but don't put it off any longer. Increase RRSP savings even if that means chopping a vacation or reducing or stopping RESP contributions. Deposit any refund into an RRSP. However, if there is high-interest debt eliminate it first, then channel extra money into retirement savings.

Over 60?
Yes, there is still time to save. Don't borrow to contribute to an RRSP. It's too risky. At this point, getting rid of personal and mortgage debt is critical. If you cannot increase payments, skip RRSP contributions until debt is manageable based on your expected post-retirement income.

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WANT CHANGE? GET RESEARCHING

URBAN COMPASS

Todd Devlin
london@metronews.ca

Election 2014 is in full swing in London, and the number of city council hopefuls continues to rise — it's already 40 and climbing.

The rhetoric has been about as expected, with much talk of "change" from new challengers, but little more in the way of details. As political rhetoric goes, "change" and "less taxes" are easily the most popular.

But while there are no assurances that promises of lower taxes will come to fruition, there is a guarantee that London will see change this election cycle, at least in the faces it elects.

With Coun. Dale Henderson announcing last week he will not seek re-election, the city is guaranteed to have five new councillors when city business resumes following October's election. Sitting councillors Joni Baechler, Judy Bryant and Nancy Branscombe have also dropped out, while challenger Matt Brown is running for mayor only, meaning we'll also see a new representative for Ward 7.

Five new faces, at least. That's more than a third of council.

On the surface, that seems like great news. After all, London's current council — deemed by some to be the city's worst ever — features a scandal-plagued mayor and a handful of representatives seemingly completely out-of-touch with the life of the average Londoner.

And let's not forget the infamous Billy T's backroom meeting, which was made worse by the unnecessary spending of $100,000 in taxpayer money to defend ombudsman's charges that did not need defending.

Change, you say? Sounds good to me.

But while we're hearing plenty of "change" rhetoric on the campaign trail — in fact, it's been such a prominent theme it's been uttered by nearly every newbie — we haven't heard many specifics about what that change will be, or why that change is necessary.

Too often, "change" is a throwaway line used by would-be politicians lacking a platform or any real ideas. So, because democracy only works with an informed electorate, the onus is on us, folks. And it's time to start asking some questions.

What specific change are you hoping to bring to city hall? Why are you running? What's your background? Where do you stand on issues of importance to me? Why should I vote for you?

And so I encourage you, citizens of London, to learn as much as you can about those running in your ward before casting your ballot in October. One thing's for sure — with so much turnover anticipated, this election will present a real opportunity for change at city hall.

But do we want that change to simply mean new faces but no difference in the overall quality of council? Of course not. So, it's time to start the vetting process. Let's weed out the opportunists and the charlatans. Let's make sure we're voting only for those individuals we believe can truly create positive change in London.

And just what is that "change"? That's what we need to find out.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Panda hangs out slide-side

IMAGINECHINA/REX

Panda cub lives life on the edge

It's time for some panda playdown at Chimelong Safari Park in Guangzhou, southern China.

The six-month-old giant cub called Long Long seems to be freestyling with his very own version of toy-slide parkour.

These cute critters are known for their playtime antics with one YouTube video of sliding pandas reaching almost six million hits.

METRO WORLD NEWS

In danger

- Experts estimate there are only 1,000 giant pandas living in the world, thanks to human destruction of their habitat in search of natural resources. The majority are found in China.
- The creation of 14 new panda reserves in China brings the total number of facilities to 26.

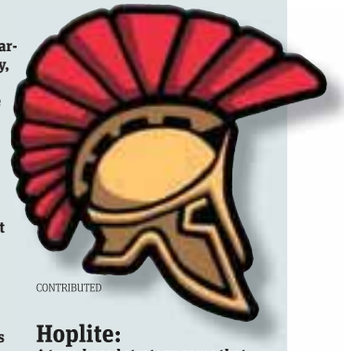
Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Well, the Olympics are over and now we all have to turn back to old-fashioned ways to while away the hours. Here are a couple mobile games to help solve that problem.

Threes:

After the abrupt demise of Flappy Bird, Threes is easily the current darling of the App Store. The gameplay, boiled down, consists of sliding boxes around your screen to create factors of three. Sounds terrible, right? Incorrect. Things can get quickly out of control as your actions force other blocks into shifting about the screen, laying waste to best-laid plans. Ugh. That still sounds weak. You just have to see it in action. It's the ultimate mobile game. (iOS/$1.99)



CONTRIBUTED

Doctor Life:

If Threes sounds a little hectic, this gentle hospital sim eases you into things with a basic tutorial on how to make your pocket clinic run smoothly. Diagnose patients, succeed at random challenges and expand your hospital to become the premier fake health-care institute in your fake community. (iOS/$2.99)

Hoplite:

A turn-based strategy game that tasks you with moving troops across a hex-based grid, battling any obstacles that try to put a damper on that march. The graphics couldn't be much more basic, but the randomly generated levels ensure infinite replay potential. (iOS/$1.99)

Twitter

@metropicks asked: What would you say to the mom who bought 19 'indecent' T-shirts after a store refused to remove them from display?

@ctmwyn: All the power to this move. I would even suggest returning the purchase at the same location.

@Canucklehead_ca: Overheard minutes later at store HQ: "They're FLYING OFF THE SHELVES there - send them a TRIPLE orders ASAP!!!"

@SteveDodd: Next stop for her: Source Adult Video.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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JASON MENARD/FOR METRO

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IMAGINE LONDON

Monday, February 24, 2014

› **INSIDE:** A 26-page feature examining London and what makes it such an appealing city

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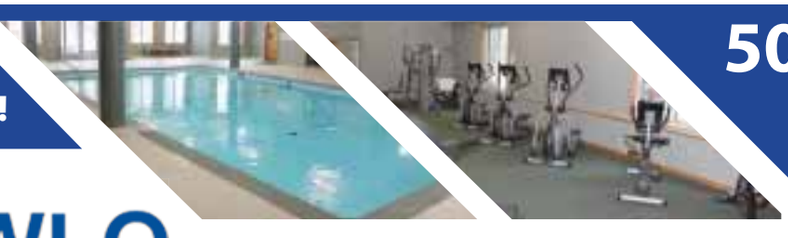

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minto

London has $1 billion in local building permit values and a $100-million campus building at Ivey upon which to build a solid foundation for the future. JASON MENARD/FOR METRO

Heavyweight business

Championship pitch. London has enjoyed a fair amount of success in enticing outside businesses

JASON MENARD
For Metro

When it comes to attracting business, cities often have to step into the ring and face off against each other with their championship pitch.

And, according to Kapil Lakhotia, the interim general manager of the London Economic Development Corporation (LEDC), the city's "corner" team of supporters has helped the Forest City enjoy success — even against those cities representing larger weight classes.

"When you take a scan across southwestern Ontario, you'll find we're punching above our weight," Lakhotia said.

The existing businesses in London have been very supportive of helping the LEDC in attracting new business to the region. In many ways, it's truly a team effort.

"We have a number of committees and councils where local companies help us identify new prospects or introduce us to their supply chain network," he said. "From an LEDC perspective and the clients we work with on the industry side of it, there is good momentum building."

Lakhotia referenced items like $1 billion in local building permit values and a $100-million campus building at Ivey, for example, as evidence of a solid foundation.

And while there have been significant losses in the region such as the announced closure of the Kellogg's plant, there have also been positive announcements like the new, multi-year, multibillion-dollar General Dynamics contract and the arrival of the Dr. Oekter plant.

London enjoys a solid business foundation.
LONDON ECONOMIC DEVELOPMENT CORPORATION PHOTO

While some may lament businesses setting up shop in the GTA, realistically, London isn't in that market. However, the city does offer some competitive advantages that have proven to attract businesses from even larger metropolitan areas than London.

"The quality of life and our existing infrastructure plays a very important role — water, sewers, fibre optics," Lakhotia said.

"It's not just new businesses that we look at in terms of success. Last year alone we helped close to 50 companies with their expansion needs."

Government plays a role in helping to attract businesses to the region, but mainly through facilitating a more conducive environment for businesses to set up shop, conduct business, and expand.

"The more streamlined and business-friendly these processes are, the better for business," Lakhotia said.

"There's always room for improvement and every year the city removes some more red tape."

Expansion needs

"It's not just new businesses that we look at in terms of success. Last year alone we helped close to 50 companies with their expansion needs."

Kapil Lakhotia, the interim general manager of the London Economic Development Corporation

What's inside

Infusion of past funds continues to pay off for the Forest City.
Page IL6

Mayor Joe Fontana says city has winning hand with its arts and culture.
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Local artists have many opportunities to create and explore.
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Fanshawe, Western taking education to a new level.
Pages IL14-15

London aiming to be a city of the future for all demographics.
Page IL17

The Knights play in the city's 'crown jewel.'
Page IL20

Advanced manufacturing like that at General Dynamics Land Division, where military vehicles are produced, is part of what economists refer to as the "third industrial revolution." MARK SPOWART/FOR METRO

Part of the manufacturing revolution

Go-to location. Companies are choosing London when looking to expand into North America

MARK SPOWART
For Metro

Manufacturing is changing in London. And recent announcements such as those at General Dynamics — a 14-year, $10-billion to $15-billion contract — are a good indication of what the manufacturing sector will look like in 15 years.

"Absolutely there is most certainly a shift from traditional manufacturing to a more technology driven based sector," said Kapil Lakhotia, interim general manager at the London Economic Development Corporation. "Many economists are referring to this trend as the 'third industrial revolution' that is based around highly automated manufacturing."

And London is positioning itself as the go-to location in southwestern Ontario for companies that are looking to expand their operations into North America.

In 2011, when German research organization Fraunhofer was looking for a North American city in which to set up its Centre for Composite Research, it identified London and Western University as welcoming hosts.

It is the company's first and only location in North America. And London is investing in its infrastructure to attract similar companies that are leaders in advanced manufacturing and processes.

"London is preparing itself for the future from industrial investments such as Fraunhofer, as well as the WindEEE Dome and other advances in water purification," Lakhotia said.

Preparation

"London is preparing itself for the future from industrial investments such as Fraunhofer, as well as the WindEEE Dome and other advances in water purification."

Kapil Lakhotia, interim general manager at the London Economic Development Corporation

In order for the city to attract these types of companies, investment has to be made now to create locations where companies will want to build.

"When we talk about innovation parks, the idea is to create sites that already have a high amount of infrastructure in the ground," Lakhotia said. "This includes the necessary utilities, as well as the needed fibre optic and communication infrastructure."

It may cost the city more to create these innovation parks, but it is an investment in the future of the city and one that is widely viewed as being needed if London is to continue to be a player in the sector.

"Of course, you have to complete the necessary cost-benefit analysis, but if you want to play in that sandbox it is the only way to compete when we want companies like Dr. Oetker and others to come to town," Lakhotia said.

STAYING AHEAD OF THE CURVE

Innovation is leading the way when it comes to increasing productivity and remaining competitive in a global market. London has been working hard to stay ahead of the curve by building a solid foundation with technology-driven assets for advanced manufacturing to flourish in the region.

It is no secret high-end manufacturing is making a comeback to North America. Foreign markets that once posed fierce competition to North American production facilities are slowly losing their appeal. Manufacturers are looking to nearshore production, improved quality and increased productivity. Labour intensive markets are experiencing significant hikes in wages and a rising middle class is driving markets to produce for local consumption rather than for exports. Automated manufacturing and a highly skilled workforce not only ensure top notch quality standards, but higher productivity as well.

Kapil Lakhotia

London is taking advantage of this shift in the manufacturing paradigm.

The future of manufacturing will be technology driven and highly reliant on robotics. We're beefing up our research and development portfolio by attracting world-class facilities. London-located Fraunhofer Project Centre is a partnership between Western University and Germany's renowned Fraunhofer Institute, focusing on applied research in the field of developing composite materials. Research at the Fraunhofer Project Centre has applications in many sectors, including the automotive sector. The WindEEE Dome, Western University and Fanshawe College's School of Applied Science and Technology are all examples of facilities carving London's path to success in the field of advanced manufacturing.

London is also developing state-of-the-art infrastructure to support the growth of research and development by proactively building sites that are conducive to advanced manufacturing. The Innovation Industrial Park has already attracted international companies including Hanwha and Dr. Oetker, securing London's spot on the global manufacturing map.

KAPIL LAKHOTIA IS INTERIM GENERAL MANAGER OF THE LONDON ECONOMIC DEVELOPMENT CORPORATION

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Investments in downtown London have paid off and will continue to pay off, says Janette MacDonald, executive director of Downtown London. JAMES WILKINSON/FLICKR (TOP); PHRAWR/FLICKR (ABOVE LEFT); MATHEW CAMPBELL/FLICKR (ABOVE RIGHT).

Visionary investment

Downtown London. Infusion of funds in 1990s and 2000s continues to pay off for Forest City

JASON MENARD
For Metro

They built it. Businesses and entertainment seekers have come. But according to Janette MacDonald, executive director of Downtown London, there is still more to be done.

"The infusion of funds the city invested in the late '90s and 2000s that built the Budweiser Gardens and the Covent Garden Market was a very visionary investment," MacDonald said.

It's an investment that has paid off, and likely will continue to pay off, in spades.

"The downtown, in terms of potential density, we get much better bang for our buck," she said. "Downtown is 0.2 per cent of the entire city but collects nine per cent of the property taxes."

But to facilitate the next stage of downtown's growth, MacDonald refers to a three R approach: "Residents, residents, and residents.

"People living in an area will become 24/7 customers," she said. "Downtown, they're going to walk to where they're going each day, they're going to go to restaurants."

Many Londoners already work downtown and MacDonald said she feels people who shop in the area already understand its uniqueness.

"People will come for restaurants, speciality shops, and entertainment. It's a destination market downtown. If they want to buy something unique as a gift, they're going to come downtown."

As part of downtown future planning, there is a strong desire to turn Dundas Street into a flexible street, which would allow it to be shut down to vehicle traffic during certain events.

"Dundas is still our sentimental main street," she said. "The health and wealth of Dundas is inextricable to the health of downtown.

"The flexible street will be a major change. Dundas has been a major challenge. Once we deal with some of the social issues and make it accessible to cars, bicycles, strollers, pedestrians, wheelchairs — there won't be buses — we can make it a very fun, vital, busy place to be."

From street festivals to cultural activities, MacDonald feels that turning Dundas into an entertainment hub will help turn some short-term visitors into long-term residents, though she said the lack of an elementary school will still be a barrier to bringing in young families.

"Everything follows arts and culture — residents, retail, jobs, all of it," she said. "People want to feel like you're part of a creative environment.

"We need to put people first, not buses, not cars — people. We need a great transit system, great bike system, and walking."

IN DEFENCE OF LONDON

London's image as a key player in the defence sector was strengthened when General Dynamics Land Systems Canada was awarded the largest export contract in Canada's history.

Kapil Lakhotia

The 14-year-long, multibillion-dollar contract brings jobs, investment and optimism for the future.

London's defence cluster employs more than 12,000 highly-skilled workers. The new win makes London the centre of a national supply chain including more than 500 firms, resulting in the creation of more than 3,000 jobs, 40 per cent of which will be in southwestern Ontario.

Recently, Kongsberg Protech Systems Canada also landed a contract for the repair and overhaul of Canada's PROTECTOR M151 Remote Weapon Stations, further solidifying London's defence sector.

KAPIL LAKHOTIA IS INTERIM GENERAL MANAGER OF THE LONDON ECONOMIC DEVELOPMENT CORPORATION

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London's industrial lands play a critical role in maintaining our position as a globally preferred site for manufacturing. The city has proactively mapped the creation of infrastructure to facilitate a highly advanced manufacturing environment.

Kapil Lakhotia

London offers fully serviced, shovel-ready lands. These city owned, master-planned lands are located in Innovation Industrial Park at Veterans Memorial Parkway and the 401/402 Gateway.

Excellent water and sewage facilities along with unparalleled access to markets and suppliers make Innovation Industrial Park a prime example of the kind of infrastructure that gives manufactures competitive advantage. Innovation Industrial Park has already attracted multinational companies including Dr. Oetker and Hanwha.

London offers a range of small and large serviced building lots and is creating the right infrastructure to attract new manufacturing.

A research and development cluster has also been created to ensure manufacturers have access to the most up-to-date technology — facilities like the Fraunhofer Project Centre and the WindEEE Dome allow for innovation to thrive on an industrial scale. Fraunhofer's role is to assist companies in identifying suitable light weight alternatives to steel and then develop a process to mass produce those materials.

As the auto sector focuses on weight reduction and lightweight materials, Fraunhofer is getting worldwide recognition resulting in greater interest in London as a destination for related investment.

Advanced manufacturing is steadily returning to North America. There is a focus on increased productivity and automation and London's industrial lands are a definite asset to the city.

KAPIL LAKHOTIA IS INTERIM GENERAL MANAGER OF THE LONDON ECONOMIC DEVELOPMENT CORPORATION

Critical role

"The city has proactively mapped the creation of infrastructure to facilitate a highly advanced manufacturing environment ... London offers a range of small and large-serviced building lots and is creating the right infrastructure to attract new manufacturing."

Premier Kathleen Wynne tours ARMO Tool in London. PREMIER OF ONTARIO FILE PHOTO

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JASON MENARD
For Metro

If you are going to gamble on future growth, it helps to have an ace up your sleeve. And London Mayor Joe Fontana feels the city has a winning hand with its arts, culture, and educational (ACE) infrastructure.

"When you're building a city that's known for arts, culture, and education, it's going to mean more jobs, economic development — people will want to live here," Fontana said. "When I'm talking ACE, the whole focus isn't just downtown. ACE speaks to all over the city.

"If I asked you, did you know there are 23 museums here? Many people may not know that. And they're not just in the core."

Although Fontana recognizes there is a critical mass of arts venues downtown, he said that's attractive from a tourist and retention perspective, and could envision more consolidation in an entertainment district.

"I think the Children's Museum should be downtown. Maybe even next to our (proposed) concert hall. When you look at how we can attract more people and businesses and how can we retain the young people to what is a dynamic city, arts, education, and culture are all about economic development."

Fontana has said he wants to turn London "into a centre of excellence of education," and added there are opportunities in attracting international students to the city. He said there are willing partners, including Western University and Fanshawe College.

There are some foundations upon which we can build, Fontana said. And some experiences from which we can learn.

"The cultural prosperity plan, we need to implement it in all of its aspects. Downtown, more walkable, brighter, cleaner — it's starting to build on its own. Going to see more of that in the downtown area. Forty thousand people came for the world figure skating championships — what did they want to see after? They want a downtown that's clean, friendly, and bright. But it has to happen more than just for 10 days.

"We want to make this a city that people will want to come to, to visit, because they don't want to have to go to Toronto. We've got this ACE up our sleeve to build on."

Mayor Joe Fontana feels the city has a winning hand with its arts, culture, and educational (ACE) infrastructure. METRO LONDON FILE

A forest of opportunity

JASON MENARD
For Metro

Steve Tracy paints at The Arts Project. WIDE OPEN STUDIOS PHOTO

If you are feeling creative, London is a veritable forest of opportunities for you to create, explore, and support.

"I think London has a lot of support systems that other cities do not have," said Andrea Halwa, the executive director of the London Arts Council. "We are one of the few municipalities that have a funding program that doesn't just fund organizations, but it also funds individual artists.

"It allows us to support professionals to invest in their work."

London's size, along with the presence of a dedicated arts council, allows for some flexibility that other regions may not enjoy.

"With the cultural prosperity plan, we did a number of consultations through the general community in public libraries and smaller group sessions," Halwa said. "As soon as feedback started coming in, we were able to start making changes. A real benefit of a city like London and its size is that we can respond quickly.

"When people said they wanted one resource, we (the London Arts Council and the London Heritage Council) collapsed our two portals to make one — londonculture.ca. We also started working closely with Tourism London for arts and heritage. We wanted to make it easy to search and promote."

There is an existing community that is supportive of the arts, but there are tremendous opportunities to attract new or curious audiences to the variety of options available in the city.

"We will always have people in the community who are supporters of the arts," she said. "And then you have that next level of people who may be interested but don't know.

"It's about creating that pent-up demand."

Of course, perceptions can be a challenge.

"There's definitely room for growth in terms of understanding what they're supporting," Halwa said. "The idea that arts is elitist is just wrong — it comes from a lack of knowing what is available.

"There are so many events, performances, and poetry readings, and a lot of these are free."

The challenge comes in effectively targeting a wide demographic and representing a diverse network of cultural opportunities. But that diversity and depth of experience is what makes London special.

"We'll continue to invest in the arts community and support organizations that help develop the creative infrastructure of the city. They're part of what makes people want to move here.

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Heritage. Embracing the city's dynamic

JASON MENARD
For Metro

Props and costumes created by The Original Kids Theatre Company.

London officially became a city in the mid-19th century, but was settled long before that. It's a mid-sized metropolitan area now, with modern buildings and technologies. So how do we feed the beast of modernization without cannibalizing the city's rich architectural heritage?

"It's about adaptive reuse and repurposing," said Andrea McNaughton, executive director of the London Heritage Council, adding that it's important to retain what makes each city special. For example, in London, the city features a lot of yellow brick.

"There are a lot of definitive features in a city based in its architecture. It differs from country to country, province to province, and city to city."

Both residents and businesses bear the responsibility of ensuring that we preserve our architectural heritage. And from a residential standpoint, that falls in line with those who want to embrace the walkable city dynamic.

"Being voted one of the most livable cities, we still have the bones and the foundations," McNaughton said. "For example, in Old South, you have houses with porches and front walks. They're meant to have people out front and interacting with the community.

"We can still get back to what you want in a livable city. We still have those bones."

In fact, McNaughton walks the talk herself. She and her husband live in a heritage home that they bought and renovated.

"Old and new can live together," she said.

Laurie Lashbrook gives a tour of the renovated Lashbrook PR offices in the historic Burridge Block. WIDE OPEN STUDIOS PHOTOS

The downtown core has done well in repurposing some of its architectural gems. McNaughton points to what Digital Echidna, Lashbrook, and Fire Roasted did to the Burridge Block at King and Talbot. She is also optimistic about the future repurposing of the Kingsmill's building.

"Businesses can still use heritage buildings — they don't have to be used for the original purpose," she said. "These buildings give a city its soul."

And she hopes that Londoners will take the time to appreciate what we have in our own backyard. It's something the Heritage Council tries to encourage through events like Doors Open and various architectural walking tours, heritage fairs, and the online londonculture.ca resource.

"If you walk down Dundas Street you can see the complete architectural history of Canada. From No. 1 Dundas, which is an original Ontario cottage, to Kingsmill's, to the new Fanshawe campus, you can go on an architectural time tour," she said. "People just don't know about it. You never really appreciate what you walk by every day. We have it all here."

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Resurgence in SoHo

Atmost Marketing and rtraction are two companies that have selected to move into the SoHo region of London, buying the former Roundhouse, which was last used as a restaurant. MARK SPOWART/FOR METRO

MARK SPOWART
For Metro

SoHo residents may be singing lines from one of two songs these days — either "everything old is new again" or "the future's so bright, I gotta wear shades." They would be right in both cases.

The community that everyone seemed to forget and that was always on the wrong side of the tracks has recently witnessed money starting to pour in from the city and developers alike.

And more seems to be on its way.

"I think there will be a lot more employment opportunities as new development with a lot of live/work opportunities for families in the area," said Tanya Park, president of the SoHo Community Association.

Goodwill Industries and the Salvation Army staked their claim early, and, recently, Atmost Marketing and rtraction have taken over the Roundhouse. They will not only be setting up shop there, they are bringing the building that was most recently a restaurant back to its original glory.

Further south, South Street is all the talk of potential future development along the river and on the former Victoria Hospital campus.

"I think it will be a great catalyst for more infill and better use of land," Park said. "It is a chance to really show the city what opportunities are available in our neighbourhood."

When Park looks to the future for her neck of the woods, she said she sees a region that will have its own heritage designation similar to Blackfriars. She added she would like to see the formation of a business improvement association and believes having companies who committed to the community like Goodwill Industries, rtraction and Atmost as a step in the right direction.

In fact, SoHo was in line for a heritage designation, but stepped aside, allowing Blackfriars to be awarded its last spring when a contentious planning proposal by a developer had the Blackfriars community up in arms.

"That's how we roll in SoHo, we are nice," Park quipped, referring to the move.

"There is a resurgence of life here. In 15 years I see better parks, people walking everywhere, better view and use of the Thames River and residences where people and can live and work."

Place to live and work

"There is a resurgence of life here. In 15 years I see better parks, people walking everywhere, better view and use of the Thames River and residences where people and can live and work."

Tanya Park, president of the SoHo Community Association

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Businesses continue to be innovative

MARK SPOWART
For Metro

Bars and retailers along Richmond Row benefit from the influx of students who come to London each fall. MARK SPOWART/FOR METRO

Walk down Richmond Row any Saturday night, especially during the school year, and you will see lines of patrons, many of them post-secondary students, waiting to get into their favourite bar.

And bar owners are more than happy to have them. But what about the summer? Each September, an estimated 30,000 students start arriving in the Forest City, cash in hand and a thirst to quench.

By the end of April, they have left and it's a good bet the beer fund was dry long before that.

Joe Kool's has been open at Richmond and Central for more than 30 years. Every year in September, the bar welcomes a new crop of patrons and welcomes back others. It's part of an annual business cycle that Ron Scarfone, general manager at Joe Kool's, has been managing for 25 years.

"You have to reinvest constantly in your business, you have to always be innovative," Scarfone said. "When I think about Kool's, we are not one concept. We are a sports bar today during the Olympic Canada game, we have a private function tonight, tomorrow it's kids hockey night and we have to be consistent with all of them."

Come late spring or early summer, the staff at Kool's starts to get ready for an entirely different set of customers.

"Summer tapers off a little, May is always a transitional month and a lot of locals start coming back to town," Scarfone said. "We have a quiet three to four weeks, then the volume starts to ramp right back up and we switch into summer festival mode. When they wrap up in August, then we start getting ready for students and start again."

Bars are not the only businesses that benefit from the annual crush. Retailers like Brad Scrinko at Gift of Art are happy to see the calendar flip to September.

"Nothing but positive," Scrinko said. "The more shoppers, the more people who want to wine and dine, and as far as downtown is concerned, every time an apartment building goes up, we are happy."

As a member of the Richmond Row Business Association, Scrinko believes his business and those like Joe Kool's would benefit from a future London where more emphasis is placed on urban dwelling and intensification.

"We are in a period of time where we are transforming," Scrinko said. "We are not shrinking, we are walking towards being a big town. Londoners are connected to the core in a lot of different ways. Hockey games, festivals in the park, shopping, entertainment and, really, other than movie theatres, the real entertainment takes place down here."

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Taking education to a new level

MARK SPOWART
For Metro

Students in Fanshawe's culinary program practise dishes they will prepare and serve ahead of a competition. MARK SPOWART/FOR METRO

From its early roots and campus located on Oxford Street East, Fanshawe College has provided the training, skills and education for thousands of graduates.

In its future, it will take the term community college to a whole new level as it continues to become a major player in the world of post-secondary education.

"We are committed to being a community college and our relationship with the community is vitally important to us," said Peter Devlin, president of the college.

After a four-month delay, the Centre for Digital and Performing Arts, located on Dundas Street in the city's core, opened in January. While the opening allowed students to start taking classes at the new campus, it also signalled the college's intention of not only moving students into the core, but becoming that community partner, Devlin said.

"Southwestern Ontario is centred on London, and it is important for us to be part of the London community," Devlin said. "And part of that community has been the opening of Phase 1, the Centre for Digital and Performing Arts, where 400 staff and students now occupy the building."

That was Phase 1, so what does Phase 2 look like?

"We are committed to Phase 2 where we will see another 600 students studying downtown," Devlin said. "Right now we are finding the appropriate space to help us realize a total of 1,000 students downtown and I suspect we will see that happen within the next five years."

Like Western, Fanshawe's main campus has grown with the addition of some significant first-class facilities to accompany its programming.

While Devlin stresses the efficiencies of having facilities like theirs, he also acknowledges it is important to have a balance between the main campus and other properties.

And he is proud of the new centre.

"The classrooms are big, vibrant, they have big windows. I am an old guy and if, in my day at school, you spent your time looking out the window the teacher would likely let you know about it as you weren't supposed to be dreaming. These days, we want our kids looking out the windows and we want our kids to be dreaming."

Devlin also sees a future for the college where students won't just be coming out of high school.

"A lot of our students are mature learners, they are possibly moving into a second career and they need the flexibility in their learning. They may have a part-time or full-time job, they may have a family, and that is why we do what we do, with the combination of evening courses and weekend college. These class times directly target mature learners, they still have dreams and a level of optimism and we need to offer different types of flex learning, e-learning and that is what is happening at Fanshawe."

THE LETTERS OF THE LAW

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First-year Western University students walk down University College Hill on their way to frosh week celebrations. The university is proud of the unique student experience that it offers students. MARK SPOWART/FOR METRO

Western. Enriching a student's experience

MARK SPOWART
For Metro

Western University has been striving to provide an enriched student experience since it first opened its doors in 1878, which it plans to do for many more years to come.

Situated on 455 hectares of land in the north part of the city, the university has its sights set on becoming a more "international and research intensive" university, said Gitta Kulczycki, Western's vice-president, resources and operations.

In her time at Western, Kulczycki said she has seen enrolment grow 28,000 in 2012-13, from 23,000 in 2003-04. While the school expects enrolment growth to continue, it won't be at the same 17 per cent rate.

"When we look at the 2012-13 numbers, 17 per cent of them were graduate students, we plan to grow that number to 20 per cent," Kulczycki said.

It is, however, not the only school that wants to do the same. As a member of the U15 Group of Canadian Research Universities, more post-graduate students means more research, which also means more government grant money.

"Sure it does," Kulczycki said. "When you talk about the federal budget, it contains some very interesting announcements in terms of research money and we are thrilled about it."

In fact, the 2014 federal budget contains $1.5 billion worth of research funding that will be made available to qualifying universities between now and 2019.

The promise of new money is always an exciting proposition for any research facility, and Western knows it must continue to offer that enriched student experience in order to bring students to London.

"We have long held the culture of providing the best student experience, and we do not intend to give that up," Kulczycki said. "These are great students who excel academically and a great experience includes not only academic, but looking outside the class as well."

The university follows a program of updating and improving existing infrastructure and building and developing new buildings.

In September, Delaware Hall will undergo a thorough mechanical and electrical update that will require the residence to be closed for the entire academic year. To make up for the shortfall of beds, the university recently opened Ontario Hall, initially a 600-bed facility that will be able to house 1,000 beds come the fall.

As for the ever popular Delaware Hall, Kulczycki says the building will still retain the heritage for which it is known.

"We are not taking away from its Harry Potter image. It will still hold its charm when it opens in 2015."

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DOWNTOWN LONDON

Golden age of public transit

MARK SPOWART
For Metro

London Transit buses line up to pick up passengers at the corner of Dundas and Richmond streets. MARK SPOWART/FOR METRO

Larry Ducharme, general manager of the London Transit Commission (LTC), looks like a man sitting on the world's best kept secret.

On one hand, he knows the LTC is not really delivering the service that Londoners expect. In fact, over the last 12 months, he has personally apologized for it twice. Yet, on the other hand, he sees a future — one that has already started — that can best be described as the golden age of public transit.

"I think we have been entering it, and I think it is inevitable, as North American culture starts to grow along the same size as European cities," Ducharme said.

Add to that, the trend that 35 to 40 per cent of 18-35 year olds are choosing not to get their driver's licence. This is the same demographic that discusses more urban infill and intensification, meaning public transit seems positioned to be their ride of choice in the future.

But what will it look like? Ducharme has that figured out as well. Bus Rapid Transit (BRT), he and the city are working diligently to bring this online.

In 2013, the LTC scored a home run with the implementation of the "90 Express" route between the city core and Masonville Place.

"I have had people walking up to me on the street telling me how much they like the service," Ducharme said.

The route is so popular it is ahead of the commission's forecasted cost recovery timeline.

At the same time, other routes are becoming jammed as more Londoners turn to a system that is functioning at its maximum capacity.

"It is a fundamental embarrassment (for me) that we left people at stops 53,504 times in 2013," Ducharme said. "We have outgrown the system we have been working with."

Ducharme said he sees a public transit system that will have express routes to all four corners of the city, with the next one — downtown to White Oaks Mall — currently under construction.

Paying and boarding the bus will be quicker and easier in the future, as well. Forget searching for change or lining up to renew your bus pass — in the near future you will be able to add money to a reloadable fare card. The system is being installed on buses and will soon enter the test phase.

Make no mistake, changes are taking place at the LTC, and while it may not look a lot different on the surface, "we just need riders to be patient with us, we are getting there," Ducharme said.

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Making the city dynamic and exciting

JASON MENARD
For Metro

London wants to attract people who want to stay in the city throughout all stages of their lives. METRO LONDON FILE

Sure, it's important to attract and retain youth, but what happens as those youth grow up and their needs change? How do you develop a city that doesn't just attract people, but makes them want to stay throughout all stages of their lives.

"In my opinion, we have to ensure that, from eight to 88, the city has to be friendly in all categories," said London Mayor Joe Fontana. "We're doing a great job for the older population, but we need to work on the others. If we're going to be the city of the future, we have to appeal to those 17 to 30 years of age."

And while Fontana is realistic about youthful wanderlust, the goal has to be to give people a reason to reconsider London.

"They may want to take off for a couple of years, like we all do. But we want them to come back."

In 2010, London became the first city to join the World Health Organization's network of Age Friendly Cities. But that designation doesn't mean the city is going to rest on its laurels.

"We could go on as we are — we'll survive," Fontana said. "I want our city to be young, dynamic, and exciting, a city that people will want to come to and stay."

And London is in a unique position to encourage long-term living, the mayor said.

"That's the beauty of London. Some cities are restricted. They can only go upwards in intensity. London still offers an opportunity to those who want a suburban experience.

"London is in an enviable position — if you want to live downtown, you can; if you want to live in rings, you can. How many communities can offer that opportunity? We've got a lot of land, we don't need anymore."

That diversity of thought and support is going to be key to the long-term success and viability of the city.

"We have to think about retirees. We have to think about children and families — we're getting there. If you restrict to only building downtown, then you're going to lose those who want to build homes for their families. We need to balance and be able to cater to a lot of wants.

"You have to build communities, strong neighbourhoods with the sum of all of our parts being a stronger London."

City of the future

"We're doing a great job for the older population, but we need to work on the others. If we're going to be the city of the future, we have to appeal to those 17 to 30 years of age."
Mayor Joe Fontana

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The Old East Village is becoming a hub of culture, unique dining options, and a strong, supportive community. CONTRIBUTED

Making dreams happen in the Old East Village

JASON MENARD
For Metro

The dismissive EOA has been replaced by a far more progressive OEV acronym, and it's all because of a community that embraces its strengths and supports each other.

East of Adelaide (EOA) has been traditionally used as a dismissive way to reference parts of The Forest City, specifically the district around Dundas Street. Now that area is known as the Old East Village (OEV) and is becoming a hub of culture, unique dining options, and a strong, supportive community.

"When I hear (EOA), it sounds so very 1980s to me," said Sarah Merritt, manager of the Old East Village Business Improvement Area. "We're really not preoccupied with the naysayers. Ninety-nine point nine per cent of Londoners get it. We track where our business comes from and we have people from all over London coming here.

"You don't make progress worrying about the people who are telling you what you can't do."

Merritt lives in the area herself, but no thanks to her real estate agent.

"In 1992, we moved here despite the suggestions of our real estate agent. It was the area where we felt the most vibrance and the most diversity.

"The culture is very much do-it-for-yourself, but the community will also give support to make your dreams happen."

Merritt points to arts and culture, as well as food and dining, as economic drivers in the region. From the weekly farmers' market at the Western Fair to community theatre and music options, the area is embracing its strengths. And they are willing to share those strengths with each other.

"We've extrapolated another model of how to build a downtown core," Merritt said. "People are willing to share their knowledge. If any business of a similar ilk is interested in coming in, businesses will share their advice and experience.

"What's happening down here is that people are buying into the vision they've created. The model of development isn't created artificially, it's been extrapolated from how people traditionally live and work together and what's good about who we are."

In many ways, Merritt said she feels the world has caught up to the OEV mentality.

"Economies are shifting back to the community. We like to think that the economy has finally caught up to the Old East Village. This area has always been populated by a broad and diverse mix of people who have embraced a more folksome community.

"A lot of the smaller business owners also quietly support those who live and work in the area. It's not called a village for no reason."

From digital marketing agencies to video game development, London has established a strong business foundation upon which the future can be built. LONDON ECONOMIC DEVELOPMENT CORPORATION PHOTO

Technology helps attract younger demographic

JASON MENARD
For Metro

When it comes to meeting the needs of tomorrow's customers, in many ways the future is now in the Forest City, said Kapil Lakhotia, the interim executive director of the London Economic Development Corporation (LEDC).

"Steadily, we're making progress in the technology sector," Lakhotia said. "We're already getting a reputation as a hub for digital interactive media.

"We're strongly positioned for the future."

From digital marketing agencies to video game development, London has established a strong business foundation upon which the future can be built. And Lakhotia added that the city's infrastructure is in line with what the industries of the future are likely to be.

"A lot of economists are calling this the third industrial revolution. It's technology driven and advanced manufacturing-based, and those are areas in which London is strong.

"Backed by world-class research and development, it's all conducive to positive increases in business and it's the only way we're going to succeed."

Having facilities like Western University and Fanshawe College, which recently expanded into the downtown core with its Centre for Digital and Performing Arts, is a boon to the city's growth opportunities.

"It's tremendous for the city," Lakhotia said. "All of (these industries) are talent driven.

"Engineering, software, all of these knowledge-based industries depend upon the quality of graduates they get. And having access to a steady flow of talented graduates, which we have with both Western and Fanshawe, is crucial to their success."

And, of course, this type of industry helps to attract and retain the coveted younger demographic. In fact, Lakhotia said, much of London's technological growth has come from the youth themselves.

"A lot of this growth has been organic," he said. "Students have formed these companies right out of Western and Fanshawe."

When you mention technology in southwestern Ontario, many people think of the Kitchener-Waterloo area first. But Lakhotia said there are plenty of opportunities available for cities looking to carve out their own niche.

"Whenever technology clusters are mentioned, certainly Kitchener-Waterloo comes up, but they have their own focus," he said. "It's part of the LEDC mandate to increase the diversification of sectors.

"The digital interactive gaming space and financial technology industry are something we're developing."

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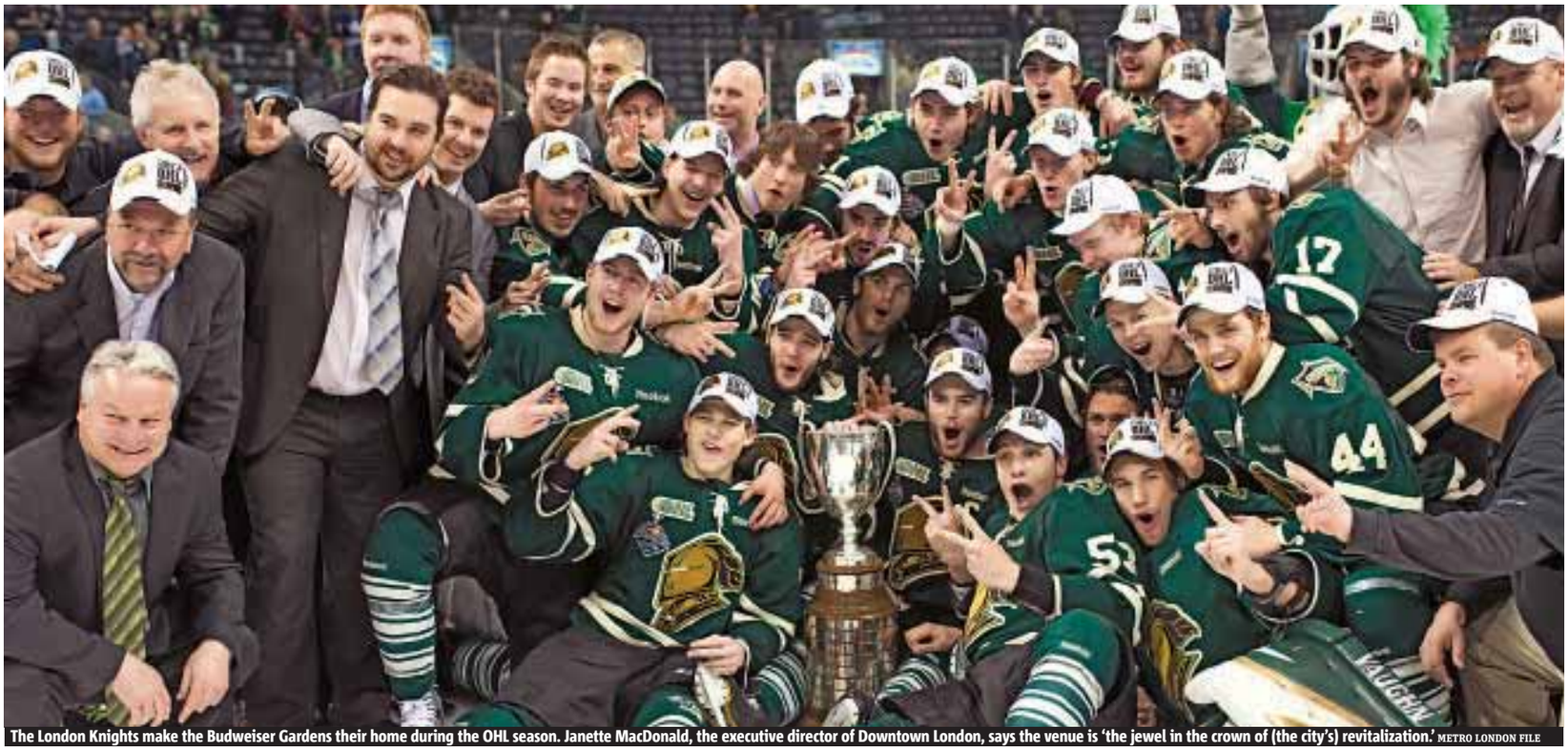

The London Knights make the Budweiser Gardens their home during the OHL season. Janette MacDonald, the executive director of Downtown London, says the venue is 'the jewel in the crown of (the city's) revitalization.' METRO LONDON FILE

City's crown jewel

Budweiser Gardens.
Venue has added a spark to the downtown

JASON MENARD
For Metro

How has the Budweiser Gardens impacted downtown London? Brian Ohl, Global Spectrum's regional vice-president and general manager of the Budweiser Gardens, said there is one easy test.

"Go outside on a Friday night and see what London looks like downtown," he said. "It's vibrant, exciting before and after a hockey game, the world figure skating championships, an Elton John concert …"

Janette MacDonald, the executive director of Downtown London, is even more effusive in her praise of the facility.

"It's the jewel in the crown of our revitalization," she said. "It's our catalyst."

A catalyst can be a spark, but back when the then-John Labatt Centre was just an idea it was fanning some flames of its own.

"I wasn't there at the time, but I know it was very contentious," Ohl said. "(People said), 'It's being built in the wrong place,' 'It's the wrong size,' 'There's no parking,' 'It's going to be a wasteland.

"Vic Cote, in particular, along with a courageous council, handled the whole thing and got it through all of that. They knew what would work here and Vic had some stickhandling skills. Those people in city hall at the time and some citizens had this vision. We have to give them credit."

The venue opened in 2002 and has been, by all accounts, a success. Ohl said the greatest success for the city may be the private/public partnership that has helped build the facility and sees Global Spectrum responsible for its day-to-day management.

"The deal that the city struck with the private sector really shifts the risk to the private sector," he said. "The city had the biggest investment up front with public funds, but for the next 50 years or so the burden falls on the private side."

In retrospect, it seems like a no-brainer. But at the time there were no guarantees. So how did Global Spectrum decide to give the project the go-ahead?

"You sharpen your pencils," Ohl said with a laugh. "It's a bit of a leap of faith because it had never been done in this market."

And when it comes to London, there is still more to do since the Budweiser Gardens hopes to establish itself as the heart of a vibrant entertainment district in the core.

"The job of the venue is not done," Ohl said. "The revitalization of the downtown is an ongoing and continual process."

Keith Urban is one of the many acts that has played at the Budweiser Gardens over the years. CONTRIBUTED

The main entrance of the Budweiser Gardens. CONTRIBUTED

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Airport seeks to soar to new heights

MARK SPOWART
For Metro

Aircraft manufacturer Diamond Aircraft, located near the London International Airport, also runs a flight training centre, which is one of the areas Mike Seabrook envisions being a growth opportunity for the airport. MARK SPOWART/FOR METRO

If Mike Seabrook, president and CEO of the London International Airport has his way, there will be a lot more passengers driving to and flying out of his airport in the next three years.

Seabrook has his sights set on three areas of growth in the coming years and feels his airport is uniquely positioned to capture all three.

"Passenger growth through scheduled airline flights is a main priority," Seabrook said. "Right now we are doing about 500,000 trips a year. We would like to grow that to 750,000 in the next three years."

The tricky part about the airport business is that the partners Seabrook relies upon to achieve this growth — airlines — have the ability to send their planes to wherever they can to get the best deal.

"It's a huge job and it takes a lot of years to collect the data and the analytics," Seabrook said. "We have to be able to demonstrate that the market exists, and then we have to share some of the risk with the airline to get them to come here."

One of the biggest risks he faces is whether the local community will support it.

"We need the community to get behind the airport, and that includes business travel, leisure, and conventions, for us to see the benefit."

Other areas that Seabrook eyes future growth for YXU — the international air transit association code for London — are in freight and general aviation.

Seabrook said the airport is sitting with a 72 per cent occupation in the recently built freight and transportation module.

"We are in a good location with easy access to major highways — I could see it becoming a southwest regional distribution centre for either UPS or FedEx."

General aviation — private pilots flying recreationally — is the final piece of the of the growth chart.

"We have a number of healthy businesses in the area, (Diamond Aircraft, plus number of flying schools) and both Western and Fanshawe now offer aviation programs," Seabrook said.

"I think what we can do is to be the centre for all of those programs."

Housing

Safe, steady investment

JASON MENARD
For Metro

Doug Wastell, the president of the London Home Builders' Association, expects steady, continued growth over the next few years. CONTRIBUTED

Up or out, there is plenty of opportunity for The Forest City to grow. And that diversity of opportunity should be celebrated as a strength for London, said Doug Wastell, the president of the London Home Builders' Association.

"Quite a diverse market. We're lucky to have such a wide variety," said Wastell, of Wastell Builders Group. "It's mostly a positive environment. Basically, the guys I talk to are doing the lion's share of the work in the city and a lot of the guys are busy, or, at the very least, steady with construction.

"It's London, not Toronto. People live here because they have the flexibility to choose where they want to live."

The term urban sprawl is frequently used in London, often in a negative manner. But pressuring people to live in core areas may be counterproductive to attracting new development.

"We're not seeing a ton of infill projects, but when they come up they're popular," Wastell said. "I don't think (anti-sprawl advocates) fully understand the ramifications of their actions. By forcing people where they want to go, they're causing the problems."

In fact, the definition of sprawl should be revisited in terms of London. Living in a suburban community is not sprawl — selling a home and moving out to communities like Ilderton or Komoka is.

"It's not a huge commute anywhere in London," Wastell said. "We're just a round circle, which is growing the way it should."

Despite the volatility of housing markets in other areas, Wastell said real estate in London is a safe and steady, if somewhat boring, investment.

"I think when they speak about bubbles, naturally it's Toronto and Vancouver that can create or not create a bubble," he said. "In London, Ont., we don't get that sensational. It's kind of steady as she goes, prices are steady.

"It's not exciting, but it's great for homeowners. The value is steady and it's a safe investment."

Wastell expects steady, continued growth over the next few years. But he is keeping an eye on the booming U.S. market.

"We're seeing London steady at that 2,000 starts per year for the next four or five years. Are we going to take off? The U.S. is already booming and we tend to lag behind them."

And while there are stricter bank regulations in terms of borrowing and concerns about job security, Wastell feels people aren't out of the home buying market. They are just taking their time.

"It's not taking people out of the market. They're just holding off for a year or two until their situation improves."

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Providing high-quality patient care

Health care. London's hospital infrastructure is the envy across the country

MARK SPOWART
For Metro

Since 1949, patients at London Health Sciences Centre have been part of more than 70 medical firsts in Canada, North America, or the world. WAVEBREAKMEDIA/SHUTTERSTOCK

London has built a world-renowned reputation for providing not only some of the best health care you can find, but for also developing a culture within the health sciences community for research and development.

Trends like an aging population, and developments like the federal government's recent budget proposal for providing better Internet connectivity in rural Canada all have an impact on our health-care system. And, of course, ensuring the industry is sustainable within these developments is a major challenge.

"London is very fortunate to have a hospital infrastructure that is the envy across Canada," said Murray Glendining, acting president and CEO, London Health Sciences Centre (LHSC). "Underpinning the state-of-the-art facilities is a strong legacy of care in this city. Since 1949, patients at LHSC have been part of over 70 medical firsts in Canada, North America, or the world, and we have had seven medical firsts in the last 18 months."

Talk health care and you have to talk money. Advancements and medical firsts do not come cheaply and every hospital needs to be aware of how money is spent.

"Our current reality is that we have far more volume coming to the hospital than is optimal, and there is also less capacity that what is required," Glendining said. "Based upon many efforts already underway, we are confident that we can work with our system to find new and more effective service delivery models."

LHSC is a "multi-sited" organization that encompasses Children's Hospital, University Hospital, Victoria Hospital, Kidney Care Centre, in Westmount Mall, Byron Family Medical Centre, the Victoria Family Medical Centre, and is also home to London Regional Cancer Program, CSTAR (robotic surgery), The Fowler Kennedy Sport Medicine Clinic, and two research institutes, Children's Health Research Institute and Lawson Health Research Institute.

Within all these sites LHSC has three equally important mandates "to provide high-quality patient care, to conduct research and to teach future health-care professionals."

"Health care in London is complex," Glendining said. "LHSC provides care as both a community hospital and an acute care centre for the region, caring for the most medically complex and critically ill patients.

"We have been changing and adapting since 1875 and I know this hospital will continue to save lives, change lives and be here to help when Londoners need it the most."

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City scores with tourists

JASON MENARD
For Metro

The London Blizzard Sledge Hockey Club's annual tournament was recently recognized by the Guinness World Records as the largest in the world. CONTRIBUTED

When you think of what sports events brings the most people to the Forest City, your thoughts naturally go to the world figure skating championship, right? Or maybe a Memorial Cup or two?

Wrong.

When it comes to the bread and butter of sports tourism in London, those professional level, marquee events can't hold a candle to Timmy or Sally playing minor hockey, said Cheryl Finn, the director of sports tourism for Tourism London.

"The minor sports tourists are our biggest draw in terms of heads in beds and filling hotel rooms," she said. "The London Devilettes tournament, you get hundreds of athletes and families coming to London.

"We know that sport tourism overcomes everything — gas, H1N1, border issues. If your child is in a tournament, then you and your family are going. It's not like that with other forms of tourism."

For instance, if you are coming to see a concert or catch a basketball game, most people would think twice about braving bad weather or health concerns. But to see your kids play? That's another level.

"Our grassroots youth sports organizations are our champions — soccer, hockey, girls, boys, sledge," she said, adding that the London Blizzard Sledge Hockey Club's annual tournament was recently recognized by the Guinness World Records as the largest in the world.

But that doesn't mean the bigger sports aren't important.

"They're very important," Finn said. "The health of those organizations relate to how a community will support an event. They're the ones maintaining those facilities. If I'm an event stakeholder and I see that the Knights draw over 9,000 every game, the London Lightning have the highest attendance in the National Basketball League, the London Majors professional baseball team is alive in the community, it speaks volumes to the support of the community and it has a trickle-down effect.

"In terms of sports tourism, healthy organizations reflect healthy communities."

The city of London has a strong history of putting on premier events. In addition to the world figure skating championships and the junior hockey Memorial Cup, Finn pointed to the 2008 world under-17 hockey championship.

And each event is important in its own right, both in terms of present and future success. "We're only as good as our last event," she said. "They show that we're thriving, that it's a healthy business unit and we don't rest on our laurels."

Economic Growth = JOBS = Prosperity

It's a well-understood equation.

The need to bring new business and expand existing businesses to create jobs is well understood in London, thanks to a stubbornly high unemployment rate.

The City of London and the London Economic Development Corporation work diligently to bring new business as they recognize that economic growth creates new and better jobs, higher incomes, a stronger local economy and tax base, and a more vibrant community all of which provides Londoners with a better quality of life.

Having more jobs to keep Londoners working, will also help to keep our brightest from leaving London and will generate an in-migration of people to London. Working people support local businesses. ***Prosperity is a circle, an economic circle.***

The connection between jobs and economic prosperity is clear. But what role does the residential housing industry play?

A quick scan of the LEDC's website shows that affordability and choice in housing is one of London's main attractions when recruiting new businesses.

Housing and Development also provide significant employment – 8,800 jobs last year which wasn't a robust year. Spin-off jobs are also created in industries providing goods and services necessary for construction. Further, there is a "multiplier effect" when the families of all these workers spend their incomes generated from this work, which generates additional jobs in support of many other sectors of London.

Each new home built in London will also contribute future annual property tax revenues to enhance municipal services for all residents. For example, approx. 1,000 new homes will generate $3,600,000. per year in future revenues (based on average property taxes). In addition, each new home buyer pays a Development Charge (currently $23,716.) to the City to cover the costs of new infrastructure and services required by new development.

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Your one stop for entertainment

JASON MENARD
For Metro

The Western Fair District features 80 acres and a multitude of entertainment and education options. CONTRIBUTED

The Western Fair has a history that extends back to 1867. So when the society decided to update its branding in 2011 to become the Western Fair District, it was important to retain more than 150 years of brand equity.

But this isn't your father's, or great-great-grandfather's, Western Fair any more.

"There was a lot of value with the Western Fair name," said Heather Blackwell, director of corporate affairs for the Western Fair District. "As an agricultural society, that heritage is important to us to maintain. A lot of people identify to one single event in September, but that's just one element of who we are now.

"It's where the Western Fair takes place, but there's agriculture, entertainment, education, sports all in one stop."

The name has caught on in London and that's a direct result of the district's marketing and communications efforts.

"In 2011, we established a vision of where we are headed," Blackwell said. "The brand name has really taken off in terms of helping the community better understand who we are. Most people refer to us as Western Fair District now. There are 80 acres here and a multitude of entertainment and education options."

Obviously, the Western Fair itself has been an integral part of the facility's history. However, it runs only in September. The district is home to world-class sports facilities, OLG slots, Yuk Yuk's comedy club, horse racing, trade shows, restaurants, amongst other items.

"All those things are entertainment to someone — it's a one-stop shop," Blackwell said. "There is so much here — sports centre for tournaments and world-class sporting events; farmers' market, 4,000 people come here each weekend. Once they're down here, we want to try to make them aware of everything that's here."

Whether it's people coming for a consumer trade show or locals looking for a night out on the town, Blackwell said more and more people are coming to the district.

"We want people to regard us as a place to go. Our vision is to be home to education, entertainment, and inspiration. The district houses several complexes. We hope that whatever event brings you here, once you experience the Western Fair District, you'll be back.

"It's all here, you just have to come."

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Meat Loaf's 3 Bats Live DVD was filmed in London in 2007. GETTY IMAGES FILE

Cher's Living Proof tour made a stop in London in 2002. GETTY IMAGES FILE

The stars shine in London

Budweiser Gardens. Venue has hosted many world-class events since it opened in 2002

JASON MENARD
For Metro

Opening in 2002, the Budweiser Gardens (nee the John Labatt Centre) has seen plenty of excitement. Home to the London Knights and Lightning, it has been the scene of multiple championships. And with marquee singers, dancers, and Broadway productions, it's one of the top places to go to be entertained.

So music or sport? What type of venue is it?

According to Brian Ohl, Global Spectrum's regional vice-president and general manager of the Budweiser Gardens, the facility only exists because of the existence of both.

"Everything comes from having one with the other," Ohl said. "Getting the shows in here has been big, and the Hunters owning the Knights is equally as important. You can't have one without the other. If the Hunters weren't here, I'm not sure we'd be successful.

"The third thing is the support from the community, they're the ones buying tickets for the Knights at incredible levels, they're the ones buying tickets for shows."

The Budweiser Gardens, which received designation as Canadian venue of the year in 2010 at the Canadian Music and Broadcast Industry Awards, joined the big leagues, entertainment-wise, in October 2002 when Cher brought her Living Proof: The Farewell Tour to the venue.

"Cher set the tone," Ohl said. "After that night, people were like, 'OK. We get it now.' Every show is different. Blue Rodeo is not going to sell 9,000 seats, but they will sell 3,000 here. It's about being able to provide something for all levels of entertainment.

"It's not just about doing shows like Elton John, it's about also hosting a band like Hedley."

Ohl credits the partnership with the city and support of institutions like Tourism London for continuing the venue's success.

"Us working with Tourism London on events like the world figure skating championships, the Brier, the Scott's Tournament of Hearts, it really helps and showcases the diversity of the building."

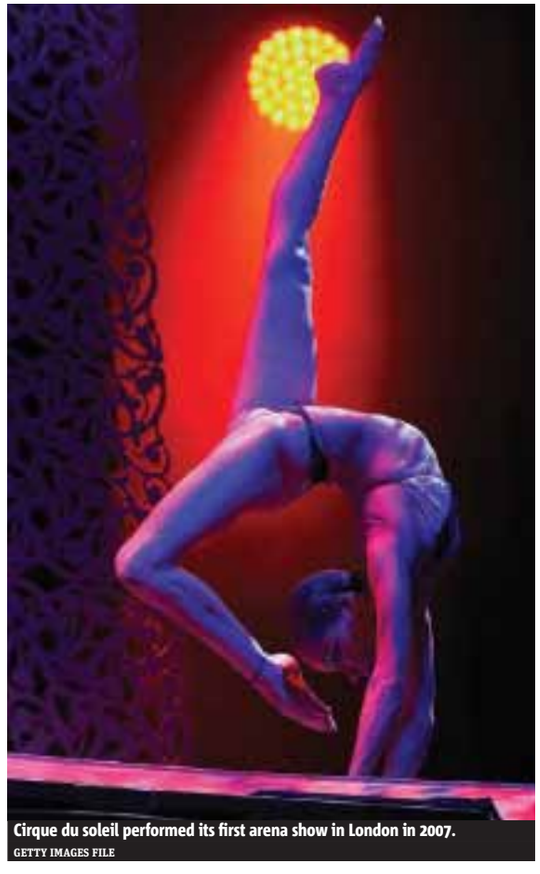
And while the venue would like to expand its back-of-house area (currently, some events require a tent set up in the back for media overflow), Ohl said he feels the in-house experience is perfect for London and points to the success of the artists and events it holds.

"I think so. I think it is the right size. To put more seats in would be extremely expensive and I'm not sure it's worth it."

London hosted the world figure skating championships in 2013. GETTY IMAGES FILE

Marquee events

- Cher: Living Proof Tour 2002
- MasterCard Memorial Cup 2005
- Canadian figure skating championships 2005
- Scott Tournament of Hearts 2006
- Cirque du soleil performs its first arena show in 2007
- Meat Loaf's 3 Bats Live DVD filmed in 2007
- World synchronized skating championships 2007
- Tim Hortons Brier 2011
- World figure skating championships 2013
- MasterCard Memorial Cup 2014



Cirque du soleil performed its first arena show in London in 2007. GETTY IMAGES FILE

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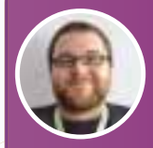

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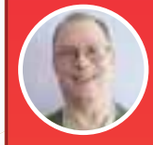
Adrian, Support Professional



"We have great people and I've always felt taken care. That makes it more of a family; you're a person – not a number"

Larry, Support Professional

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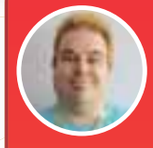
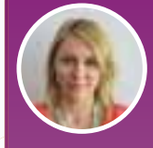


"I work in a support role and I really like getting to be a mentor. It is a good opportunity to learn new things."

Ben, Support Professional



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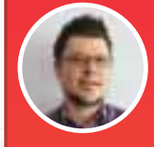
Jessica, Human Resources Coordinator



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Sportage SX Luxury shown^

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O er(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by February 28, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All o ers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ≠Throwback Pricing available O.A.C. on finan cing o ers on new 2013/2014 models. Financing for 84 months example: 2014 Rondo LX MT FWD (SP551E) with a purchase price of $23,993/$25,193 (including $1,665 freight/PDI and $399 administration fee) financed at 0%/1.49% for 84-month period equals 32 reduced bi-weekly payments of $88/$99 followed by 150 bi-weekly payments of $128/$146. Cost of borrowing is $0/$1,343.88 and total obligation is $23,993/$26,536.86. Throwback Pricing incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing incentive for the 2014 Rondo LX MT (RN551E)/2014 Sportage LX MT FWD (SP551E) shown is $1,280/$1,504 (a $40/$47 reduction in 32 bi-weekly payments). Limited time o er. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/84 Amortization Financing Example: 2014 Sorento 2.4L LX AT FWD (SR75BE) with a purchase price of $28,893 (including $1,665 freight/PDI and $399 administration fee) financed at 0% for 60 months amortized over an 84-month period equals 32 reduced bi-weekly payments of $124 followed by 98 bi-weekly payments of $159 with a principal balance of $8,255 plus applicable taxes due after 60 months. Cost of borrowing is $0 and total obligation is $28,893. Throwback Pricing incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing incentive for the 2014 Sorento 2.4L LX AT FWD (SR75BE) shown is $1,120 (a $35 reduction in 32 bi-weekly payments). Limited time o er. ‡Loan credit for 2014 Rondo LX MT (RN551E) is $750 and is available on purchase finan cing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. 0% purchase finan cing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ΔModel shown Manufacturer Suggested Retail Price for 2014 Sorento SX V6 AWD (SR75YE)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Rondo EX Luxury (RN756E) is $40,595/$38,295/$32,195. ^Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Sportage 2.4L 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of tCanada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

E-books

Brian Cox's Wonders Of Life

By. Brian Cox

iPad

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It's like falling down Alice's rabbit hole by way of Google maps. This companion book for the BBC TV series (now playing on TVO, and on the video player at ww3.tvo.org/video) beautifully envelopes its scrolling pages within immersive animation and video layers revealing the physics of monarch butterflies, robber crabs, and bent-wing bats amongst others. Cox's journey contemplates these underlying processes as exquisite insights into life itself.

Box office

Lego holds strong lead at the box office

The Lego Movie continues to lead at the box office in its third weekend, besting 3 Days to Kill and Pompeii on their opening weekends. The Warner Bros. animated film featuring the voices of Chris Pratt, Elizabeth Banks and Morgan Freeman, earned $31.5 million US, according to studio estimates Sunday. The U.S. domestic total has passed $183 million US. The crime drama 3 Days to Kill, starring Kevin Costner and Amber Heard, came in second with $12.3 million US in its first weekend at the multiplex. Pompeii, the boiling gladiator drama, took the third place slot with $10 million US. In its second weekend, the Sony and MGM reboot RoboCop dropped from third to fourth with $9.4 million US, while George Clooney's The Monuments Men was pushed down to fifth place with $8.1 million US.

THE ASSOCIATED PRESS

Taking on a task of biblical proportions

Son of God producer Mark Burnett, left, on the set with actors Darwin Shaw and Diogo Morgado. Son of God opens on Friday. CONTRIBUTED

Son of God. The man behind Survivor and The Apprentice takes a leap of faith with a project that's personal

STEVE GOW
scene@metronews.ca

He may have helped create television hits like The Apprentice and Survivor but Mark Burnett hates the term reality TV. Instead, he prefers to call his work non-fiction storytelling. Now marking his big-screen debut with Son of God — in theatres next Friday — the question is how does the famed producer describe an epic movie about Jesus Christ?

"This is just a full-on feature film for the big-screen. It just happens to be a true story," explained Burnett during a recent interview with his wife and co-producer Roma Downey in Toronto. "With us, it is our faith."

The story of Jesus has certainly proved its endurance upon western culture, noted by Burnett in the multitudes of multi-generational art and movies that have been made about Jesus.

In particular, the devout co-producing pair felt responsible to ensure the miraculous story measured up to the rest of pop culture's productions.

"Somehow every decade, (old Bible stories) come back on, and they beat current programming," said Burnett who points out that his successful History Channel mini-series The Bible (on which much of Son of God was based) helped prove the power of faith-based entertainment.

"Clearly the Holy Spirit translates."

Burnett may have brought extensive productions like Survivor to air, but he and Downey knew taking on the narrative of Jesus of Nazareth was going to be an especially enormous task. What the duo perhaps didn't anticipate was the emotional attachment to making a project like Son of God.

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different," admitted Downey.

"This isn't just bringing the best of us. This is infusing not just what we do so it resonates through everything. It's deeper than everything. It's more meaningful."

Quoted

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different. This isn't just bringing the best of us.... It's deeper than everything. It's more meaningful."

Roma Downey, Son of God co-producer and Mark Burnett's wife, on how this project is special

Behind the scenes

- **Tough shoots.** "The most challenging to film was the crucifixion sequence," admitted Roma Downey. "Even though we were just recreating it, the brutality of it, the inhumanity of it, the suffering of it (was) so upsetting for everybody."
- **The supporting cast.** "Nobody's presented as perfect people. (The Disciples) didn't know they were in the Bible. They were just real people living their lives in enormously challenging circumstances and very dangerous times, looking for hope," says Downey.

Aguilera gets back to babies — expecting with fiancé

Christina Aguilera

Christina Aguilera is going to be a mom again. People magazine confirms that the Voice judge is pregnant with her second child and her first with fiancé Matt Rutler. The news comes less than a week after Aguilera and Rutler announced their engagement. "They're very much in love and are really excited to take this next step," a source says. Aguilera is already the mom to six-year-old son Max with ex-husband Jordan Bratman.

Kate Hudson ALL PHOTOS GETTY IMAGES

With an ocean between them, Kate Hudson and British beau drifting apart

Despite being engaged for nearly three years and sharing a two-year-old son, Kate Hudson and fiancé Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son." While a rep for Hudson denies the rumours of trouble, she and Bellamy have not been spotted together in months.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Stevie Nicks pens Game of Thrones fanfic

STARGAZING
Malene Arpe
scene@metronews.ca

Stevie Nicks says that she's a huge fan of Game of Thrones and has written a poem about each of the characters. Suddenly I feel less proud about my own Jamie Lannister and Hound fan fiction.

The president of Clowns of America International says that the world is facing a clown shortage because young people just aren't that interested in becoming clowns. "That's clearly not true," said reps for Shia LaBeouf and Justin Bieber.

A Miley Cyrus fan throws a thong on stage during a Tacoma show and Miley puts it in her mouth. That's disgusting and could lead to the spread of disease, but we're happy to report that the thong is OK.

A South Carolina woman is jailed after a warrant shows that she failed to return a rental VHS copy of Monster-in-Law nine years ago. In her defence, she was desperate for something to prop up her eight-track player.

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Nyong'o calls Leto dating rumour 'crazy'

Lupita Nyong'o

She's still fairly new on the scene, but 12 Years a Slave star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumour: that she and fellow Oscar-nominee Jared Leto are dating. "But I thought Miley Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen DeGeneres during an interview. "It's crazy because when I read these rumours, I mean, they're so detailed that even I start to question if they're true or not."

Twitter

@TheReal-Roseanne
If u go in public please mind ur brat offspring-no one likes them but u

@Ian-McKellen
Congratulations to my friend @SirPatStew who has crossed over one million people following him on @twitter!

@lena-dunham
Just nicknamed my dog Jody Squatley, which is a reference even I don't really get

Burn money now, shiver later

Take it to the bank.
Spend five bucks for coffee and snacks today or stash the cash for 75 grand in 30 years

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Hmm... Fan flames of financial ruin, or line that nest egg? ISTOCK

Have you ever heard the term "burn rate?" It refers to how fast you burn through your money.

It's a term borrowed from the corporate world that refers to the rate at which a new company uses up its venture capital to finance overhead before generating a profit.

As consumers, we are whipping through our money at such a clip that we need a new term to describe our total lack of self-control and inability to see the future consequences.

Nobody has been paying much attention to the idea of cash management in the last… well… EVER. In fact, most people who talk about financial planning don't even bring up the idea of cash management.

What is cash management? It's exactly what it sounds like. It's the management of your cash on a day-to-day basis. It's what I focus on when I work with people to get them back in touch with their money and keep them focused on managing it so it doesn't run out.

Cash management has traditionally been the domain of bankers, but bankers are doing such a crappy job of dealing with this area of their customers' financial planning that some investment houses jumped on the bandwagon a while back. It was short-lived.

Too bad. No doubt their initial enthusiasm spoke to the lack of investing that's resulting because of all that debt out there. After all, if your credit cards, lines of credit, car loans — however it is you've chosen to borrow — are now eating up $300, $500 or $700 a month in interest, how could you possibly have money to invest? Of course, the investment houses didn't do a much better job of this whole cash management thing than the banks do. Sigh. Sometimes I feel like a lone voice in the wilderness.

In all the TV shows I've made, and there have been over 180 episodes, I have never worked with anyone who didn't have to change their lifestyle to change their outcome. If you could just keep doing the same old, same old, without creating problems and wreaking havoc on your family's peace of mind, then nobody would be talking about it. And we certainly would not have needed to adapt the term "burn rate" to describe our rabid spending.

So, there is a big problem. And it's not going to go away until we admit that we've made some mistakes and commit to doing things differently.

People can get out of debt; it takes determination and gumption. People can live within their means; it takes planning and discipline. People can be happy NOT spending money; it takes having a real life.

Do you want to blithely shop yourself into the financial dumper, or do you want to become fully conscious of how you're using your money so that you can make it work for you? Wouldn't it be nice to not have to work any harder than absolutely necessary to have the life you want?

While small savings may seem inconsequential compared to the pleasure you derive from spending the money, that's a very shortsighted approach to using money as a tool. Sure, $5 a day on coffee and snacks may not add up to a whole helluva lot in five or 10 years, but the more than $75,000 you have after 30 years (assuming just a two per cent return) is much better than the alternative: zilch. Manage even one per cent more in return over the 30 years and you'll have almost $90,000. That'll go a long way to making your life more comfortable in the future.

Still not convinced? Well, since the average Canadian receives about the same from Old Age Security and the Canada Pension Plan, you can look forward to an income of about $12,000 a year if you don't take some steps today. Imagine living on $12,000 a year right now.

Did you just shiver?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

How to calculate your 'burn rate'

If you've decided to take charge, why not calculate your burn rate? It'll take about a week, and here's how you do it:

1. Make yourself up a tracking sheet. Put the days of the week across the top and some typical categories down the left-hand side. Include stuff like coffee, snacks, lunch, cigs, gas, magazines, newspapers, ... everything on which you spend money in a day.
2. Leave lots of blanks on the left because you'll be amazed at what you'll add when you see all the places where you're spending money.
3. As you go through your week, write down what you're spending. You're going to add it up, so there should be a column on the far right for Total Spent for the week for each category you've included on your worksheet.
4. Identify the point at which you spent $100 on non-essentials. That's your burn rate. Did it take you a whole week? Five days? Less than three days? What were your biggest areas of weakness? Eating out? Kids or grands? Bad habits?

- **Are you surprised at what you're spending?**

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?
Caroline Battista
Tax Analyst at H&R Block
H&R BLOCK

Family Finances: Common-Law Taxes and Childcare

Q Our childcare receipts are in my husband's name. How do I claim them?

A It depends. Childcare expenses have to be claimed by the lower-income spouse—with a few exceptions. Unless one of the exceptions applies to you, the lower-income spouse gets the deduction. So it doesn't matter whose name is on the receipt; it is based on income. Make sure you keep all the receipts with your tax files. Childcare expenses can add up to big tax savings but they are also one of the most commonly reviewed claims. If you don't have receipts, the CRA can deny your claim.

Q My partner and I have been living together for 12 months but keep our finances separate. Do we have to claim common-law?

A Yes. The CRA has specific rules and they do not involve how you manage your bank accounts. If you have lived together for 12 continuous months, you are common-law for tax purposes. If you have a child together, you are common-law as soon as you move in together. Claiming common-law does not mean you pay more tax, but benefits like the GST/HST will be calculated based on household income. Both of you still file your own return but you can pool medical and charitable donation receipts to maximize your savings.

Visit *hrblock.ca* for a location near you

Money 101. Two couples, one year to make them richer

The financial mission continues

In January, I introduced you to two couples on a mission to improve their finances. Throughout 2014, I will be digging into the details of each couple's money matters and offering advice to make them wealthier in less than 12 months. Since their financial debut one month ago, Anne-Marie and Peter and Carolina and Jose, have been making tremendous progress on their financial homework assignments. – Lesley-Anne Scorgie/For Metro

Anne-Marie & Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Net worth (January 2014): $66,000
- Life stage: Expecting their first child in June 2014
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Simplify their budget, determine the value of home they can afford and research Anne-Marie's pension plan.

PRESSMASTER/SHUTTERSTOCK

KZENON/SHUTTERSTOCK

Carolina & Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Net worth (January 2014): –$32,500
- Life stage: Three daughters aged five, two and eight months
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Put together their very first budget using a free budget template and budgeting resources. And determine the value of a home they can afford.

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter set out on a mission to simplify their current budget and find ways to cut back and save. They examined everything from the interest rates on their MBNA credit cards — both of which have introductory rates less than prime, which is super low — to their Internet and cable bills, and monthly gym membership. They also took another look at the money they currently set aside for trips.

As the couple prepares to welcome their first child, they are conscious about planning ahead for when Anne-Marie's income is reduced while she is on maternity leave.

Their current budgeting game plan is to tighten up their expenses through some frugal best practices and use that money to pay off as much debt as possible and prepare a mock maternity budget. Anne-Marie and Peter expect they will have to reduce the amount of money they typically allocate toward their debt reduction once the baby arrives.

Also weighing on their minds is the couple's hope to begin saving for a down payment to buy a home while continuing their retirement savings plans.

Anne-Marie and Peter sat down with a mortgage broker and determined that, with a 10 per cent down payment in hand, they would be able to comfortably afford to buy a home valued at up to $450,000.

THEIR HOMEWORK

As part of their homework for next month, Anne-Marie and Peter plan to open tax-free savings accounts (TFSA). Similar to their existing RRSPs, TFSAs are great tools to save for retirement and for a down payment because the money the couple contributes to their TFSAs grows tax-free.

TFSAs are also great when it comes to saving for what-if expenses, which have a way of popping up when children arrive. Once their accounts are set up, we plan to review their budget and carve off money to put toward saving for their down payment.

Turning back to retirement planning, Anne-Marie has the opportunity to continue her pension savings while on maternity leave and has elected to do so. As RRSP contributions are due March 3, to count toward the 2013 tax year, Anne-Marie and Peter are also planning on making a contribution of between $300 and $500 each on their RRSPs.

Wondering how stuffing money into an RRSP helps achieve primary goals of debt reduction? The link is simple: An RRSP contribution now will reduce their taxes, and in Anne-Marie and Peter's case, will most likely result in a refund during tax time, which can then be applied to the couple's debts.

Also on their to-do list before March is to sit down with a professional tax adviser and myself to prepare for, and optimize, their tax benefits.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Between managing an incredibly busy household and working long hours in the roofing business, Carolina and Jose met with me earlier this month to establish their very first budget.

We documented their sources of income, primarily Jose's full-time job and child tax benefits totalling a little more than $3,600 after taxes. We then carefully examined their expenses.

Besides paying $1,600 in rent to Jose's parents each month, the couple's second largest expense is their grocery bill, which is approximately $600 each month, followed by their car payment, insurance and fuel totalling $550 per month. Debt repayment, school fees, medical expenses, cellphone and utility bills account for the remaining portion of their budget.

Thankfully, the couple is incredibly frugal and relatively debt averse, so they manage to pay for their household expenses using cash from their bank account while avoiding racking up their credit card.

With a little investigation and firm negotiation, Jose was able to reduce their cellphone and insurance bills, resulting in savings of $100 each month.

Carolina set out to further reduce their monthly grocery expenses by at least $50 through pre-planning, couponing and buying bulk items.

THEIR HOMEWORK

With those savings, the couple has decided to focus two-thirds on paying down their debts and one-third on beginning a small savings plan, which could be used toward an eventual down payment on a home. Between this month and next, Jose and Carolina will also open their first RRSPs and tax-free savings accounts.

Carolina and Jose are committed to sticking to a budget by carefully tracking their expenses. Using an accordion file folder, the couple plans to keep track of all receipts and reconcile those with their budget every three days to ensure they are keeping on track.

Two other important topics came up in my conversation with Jose and Carolina. The first was their strong desire to make progress toward ridding themselves of debt.

So to make a sizable dent in it, I have challenged the couple to raise $500 by selling some of their possessions through an online classified ad website. That money will be enough to pay off Jose's lingering student loan. My second challenge to Jose was to start the process of exploring opportunities to find a higher-paying job.

The second important topic that surfaced was Carolina's "mommy guilt." Carolina never spends money on herself, not even treating herself to a fancy coffee once in a while. Instead, she forfeits small indulgences for her children and husband. I have encouraged Carolina to reward herself, guilt-free, in small ways from time to time. This will be helpful for her mental health and her marriage.

This coming month, Jose and Carolina will receive professional tax advice to ensure they are taking advantage of every opportunity to cut their tax bill.

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'Round the world wisdom

Add a few unique strides to your step and walk off the winter woes

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

February may be affecting your smiley face, but it's up you to turn it around. ISTOCK

I started training for the Gobi March just before the 2008 holidays and six weeks in, I had created new habits that were nourishing me mentally and paying off physically. Then, February arrived with its shorter, sunless days and cold temperatures and I continued running outside in the leafless frozen forest.

All around me the blahs were in full motion. I was tired, too cold and felt I couldn't keep my New Year's resolution. Soon enough, I started thinking about pulling out of my own Gobi project.

I realized I had grown completely bored of my training routine.

I decided to turn everything upside down, hoping for a kick of new energy: I sold my car and started using transit for the first time in 25 years and once on the subway, I would race walk strangers on the escalators just to amuse myself. I stopped using elevators and walked up to my meetings. I got rid of my chair at work and started working standing, which changed the dynamics of my internal meetings to be stand-up meetings only.

I changed my running routine and mixed it up with other peripheral activities, usually tethered to an MP3 player with uplifting music. When March arrived, I was again carrying momentum; I had escaped the February blahs.

This year's record cold is affecting many people — so if it's getting to you, you're not alone. Just consider changing things up a little.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Veg Chili: Double hit of meatless protein

This recipe serves six. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Chili has to be one of the most versatile, healthy and easy foods to prepare during the winter.

Since vegetarianism is on the rise, you can use ground soy to replace the beef protein that is traditionally used in chilis. The addition of quinoa makes this a complete meal. You have a double hit of protein with the soy and quinoa. If you are not a vegetarian, you can substitute the soy for ground chicken, turkey, pork or beef.

Also, any variety of beans work well. Canned beans versus home cooked beans have excess sodium. One cup (250 ml) has 900 mg of sodium, while home-cooked beans have none.

To reduce the sodium by one-third, rinse the canned beans three times. To cook your own beans, use the quick-soak method. This entails bringing the dry beans and water to a boil, then covering and boiling for one minute. Remove the covered pot and let sit for one hour. Drain, and add cold water to cover the beans and simmer, covered for 20 minutes or just until beans are cooked.

Serve the chili in a large serving bowl and place the accompaniments in small bowls so your guests can serve themselves.

Directions

1. Lightly coat a large saucepan with cooking spray, add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the soy, chili powder, basil and oregano and sauté for another 5 minutes.

2. Add quinoa, tomato sauce, stock and kidney beans. Cover and simmer for 15 minutes or until the quinoa is tender.

3. Serve in bowls and garnish with the sour cream, cheddar cheese, green onions and basil. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp chopped garlic
- 1 lb of ground soy
- 2 tsp chili powder (or to taste)
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/4 cup quinoa
- 2 1/2 cups homemade or store-bought tomato sauce
- 1 1/2 cup low-sodium vegetable stock
- 1 19 oz can red kidney beans, drained and rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 cup shredded aged cheddar cheese
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh basil or parsley

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Team Canada pose with their gold medals after Sunday's 3-0 win over Sweden on the final day of the Sochi Winter Olympics. NATHAN DENETTE/THE CANADIAN PRESS

Golden sunrise

Transcendent team effort. Men's hockey team successfully defends gold as sun sets on Sochi Games

As Team Canada prepared to go on to the ice for the third period against Sweden, 20 minutes from an Olympic gold medal that felt inevitable, Ryan Getzlaf was loose enough to poke some fun at coach Mike Babcock.

"He said: 'It's all about the ball hockey, guys. It's all about the ball hockey,'" Babcock recalled.

The journey started with ball hockey at the team's Olympic orientation camp in August, and it ended Sunday with a gold medal. For the past six months, from executive director Steve Yzerman to Babcock to the players, there was a businesslike approach to defending the gold medal, and in Sochi the result was a Canadian team that steamrolled its competition.

"We had a gold medal summer camp, we had a gold medal selection process," Babcock said. "All that does is give you a chance, and anybody who's been at these Olympic Games knows how hard it is — basically impossible — to win. And for us to be able to execute on the biggest stage and play the way we did and there was a lot of complaints early we didn't score. I thought we were dominant."

Canada never trailed, and there was not one second this team looked like it was in danger of losing, even when it was tied in the third period against Latvia and certainly never during the semifinal game against the United States or the final against Sweden.

Jeff Carter, brought to Sochi for his offence, called what Canada was able to do for six games a "defensive clinic." Three goals allowed, including none in the final two games, makes that an understatement.

Beating Sweden 3-0 Sunday exemplified everything Canada did right in the tournament. The Swedes couldn't generate anything because — as defenceman Alex Pietrangelo said — other teams can't score if they don't have the puck.

Swedish coach Par Marts found that out first-hand.

"Canada was much, much better this day," Marts said. "I think they played at a higher tempo, kind of frustration in this team. They had so many, many breakouts I couldn't count them, and you can't play that way against Canada."

It was never about who Canada was playing and always about what Babcock and his players wanted to do. Yzerman looked back over the past 40 years of Olympic, World Cup and Canada Cup teams and couldn't think of another group that dictated the play to opponents more than this one.

"As far as defensively, pucks staying out of the net, quality scoring chances, shots on goal, it was a pretty dominant performance by these guys," Yzerman said. "The coaching staff and players were phenomenal."

The Canadian players were more talented than everyone else, and playing such organized, fundamental hockey made them unbeatable.

"It is amazing to see the guys that have the raw talent and ability to commit themselves to doing all the little things right," said alternate captain Jonathan Toews, who scored the winner against Sweden. "We knew that's what it was going to take in this tournament to win the championship. And guys were willing to do that. So I would say it's a great team to be a part of and unlike any other team I've really been a part of."

This was unlike any other Canadian team at least since NHL players began participating in 1998. This wasn't about 17 total goals over six games or who scored them — it was about doing what it took to win.

THE CANADIAN PRESS

Stevie, why?

Steve Yzerman won't be going for a third Olympic gold medal.

- Team Canada's executive director says he will not lead the team into the 2018 Olympics in Pyeongchang, South Korea.
- He leaves his post after leading Canada to back-to-back gold medals for the first time since 1948 and 1952.

Big guns

Canada's best deliver their best

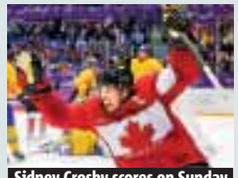
From the start of the Olympics, coach Mike Babcock said Canada had to be equal to this great opportunity.

When the opportunity was the greatest, the best players delivered.

Jonathan Toews and Sidney Crosby scored the first two goals Sunday and controversial roster pick Chris Kunitz added the insurance marker.

"I think just regardless of what happened in the prior games, this game was the biggest one and we all knew that," Crosby said. "Regardless if I scored that or not, we all wanted to make sure we did our part."

THE CANADIAN PRESS



Sidney Crosby scores on Sunday. GETTY IMAGES

4 SPORTS

Good night Sochi

Closing ceremony. Brimming with pride and medals, Russia closes costliest Games ever

Flushed with pride after a spectacular showing at the costliest Olympics ever, Russia celebrated 17 days of sport-driven global unity on Sunday night with a farewell show that hands off the Winter Games to their next host, Pyeongchang in South Korea.

Fireworks and a countdown kicked off the closing ceremony in the Fisht Olympic Stadium, packed with raucous spectators who chanted "Ro-ssi-ya! Ro-ssi-ya!" — "Russia! Russia!" — and were in a party mood after the high-security Games passed off safely without feared terror attacks.

In a charming touch, the Sochi organizers used the ceremony to make a joke at their own expense. Dancers in shimmering silver costumes formed themselves into four rings and a clump in the centre of the stadium. That was a wink to a technical glitch in the Feb. 7 opening ceremony, when one of the five Olympic rings in a wintry opening scene failed to open. The rings were supposed to join together and erupt in fireworks.

This time, it worked: As Russian President Vladimir Putin watched from the stands, the dancers in the clump waited a few seconds and then formed a ring of their own, making five, drawing laughs from the crowd.

The closing ceremony, a farewell from Russia with love, pageantry and protocol, started at 20:14 local time — a nod to the year that Putin seized upon to remake Russia's image with the Olympics' power to wow and concentrate global attention and massive resources.

THE ASSOCIATED PRESS

Bach-buster Games

"The success of the home team is always an important part of the success of the Games overall."

IOC president Thomas Bach. Russia finished atop the overall medal standings with 13 gold, 11 silver and nine bronze.

NBL Canada

London Lightning clinch third place

It was billed as a preview of the National Basketball League of Canada final.

Mind you, several things have to happen first, but any repetition of the show the London Lightning and the Island Storm put on Saturday would be well received.

That is if the crowd of 7,091 fans at Budweiser Gardens can be any barometer — they enjoyed every minute of the Lightning's dynamic 111-101 victory over the Storm.

With their third straight win, the Lightning clinched third in the Central Conference. The Storm, who play out of Charlottetown, P.E.I., are first in the Atlantic Conference. If the teams meet in the league final, it would a repeat of last year's championship series.

In the end, Garrett Williamson had 28 points to lead London and Elvin Mims had 18 points and 11 rebounds. Antonio Ballard topped the Storm with 22 points.

The Lightning complete their regular season Friday in Brampton against the A's.

DAVE LANGFORD/METRO

OHL

Knights' win streak grows vs. Whalers

Defenceman Nikita Zadorov's goal at 14:25 of the third period gave the London Knights a 4-3 win over the Plymouth Whalers on Saturday night.

It was the Knights' seventh straight victory and moved them into third place, one point ahead of the Erie Otters, who lost 8-2 to the Sault Ste. Marie Greyhounds, also on Saturday.

The Knights and the Otters were both idle Sunday.

DAVE LANGFORD/METRO

Winter Olympics

IOC chief taking positive outlook

Despite the disclosure of a fifth doping case on the final day of the Sochi Winter Olympics, IOC president Thomas Bach cited the positive tests as the sign of success.

During the course of the Games, Bach said more than 2,631 samples were analyzed.

It wasn't until the final few days of the Games that any came back positive, although it's possible more could be announced in the next few days as the final tests are completed. THE ASSOCIATED PRESS

MEDALS

Nation	G	S	B	Total
Russia	13	11	9	33
United States	9	7	12	28
Norway	11	5	10	26
Canada	**10**	**10**	**5**	**25**
Netherlands	8	7	9	24
Germany	8	6	5	19
Austria	4	8	5	17
France	4	4	7	15
Sweden	2	7	6	15
Switzerland	6	3	2	11
China	3	4	2	9
South Korea	3	3	2	8
Czech Republic	2	4	2	8
Slovenia	2	2	4	8
Japan	1	4	3	8
Italy	0	2	6	8
Belarus	5	0	1	6
Poland	4	1	1	6
Finland	1	3	1	5
Britain	1	1	2	4
Latvia	0	2	2	4
Australia	0	2	1	3
Ukraine	1	0	1	2
Slovakia	1	0	0	1
Croatia	0	1	0	1
Kazakhstan	0	0	1	1

WHAT CANADA DID

SUNDAY

BOBSLEIGH

Men's fours — Canada 1 (Lyndon Rush (pilot), Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton) placed ninth overall with a combined time of three minutes 41.76 seconds after four runs; Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; and Bryan Barnett, Edmonton) finished 13th (3:42.84); Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; and Graeme Rinholm, Medicine Hat, Alta.), 30th (2:50.80) - did not qualify for fourth run.

CROSS-COUNTRY SKIING

Men's 50-kilometre freestyle (mass start) — Alex Harvey, St-Ferreol-les-Neiges, Que., 19th overall in one hour 47 minutes 40.9 seconds; Ivan Babikov, Canmore, Alta., 20th (1:47:41.8); Graeme Killick, Fort McMurray, Alta., 28 (1:48:22.4); Jesse Cockney, Canmore, Alta., 56 (1:59:16.6).

HOCKEY

Men — Carey Price stopped all 24 shots he faced and Jonathan Toews scored the eventual winner as Canada successfully defended their Olympic title with a 3-0 win over Sweden in the gold-medal game.

CLOSING CEREMONIES

Flag bearers — Bobsledders Kaillie Humphries, Calgary, and Heather Moyse, Summerside, P.E.I., who won the gold medal in the women's event for the second time in as many games, were given the honour.

FINAL RANKING

Canada finished with 10 gold, 10 silver and five bronze, which placed them fourth overall in total medals and third-most in the gold tally (Russia led with 33 and 13, respectively).

HOCKEY

MEN

Sunday's result

GOLD MEDAL

Canada 3 Sweden 0

Saturday's result

BRONZE MEDAL

Finland 5 United States 0

CANADA 3, SWEDEN 0

First Period

1. Canada, Toews 1 (Carter, Weber) 12:55

Penalties — Jo. Ericsson Swe (holding) 16:55, Kunitz Cda (high-sticking) 19:47.

Second Period

2. Canada, Crosby 1, 15:43

Penalties — Silfverberg Swe (delay of game) 5:46, Berglund Swe (boarding) 19:20.

Third Period

3. Canada, Kunitz 1, 9:04

Penalty — Perry Cda (tripping) 10:12.

Shots on goal by

Canada	12	11	13—36
Sweden	11	9	4—24

Goal — Canada: Price (W, 5-0-0); Sweden: Lundqvist (L, 5-1-0). **Power plays (goals-chances)** — Canada: 0-3; Sweden: 0-2.

Referees — Brad Meier, United States; Kelly Sutherland, Canada. **Linesmen** — Derek Amell, Canada; Greg Devorski, Canada; Mikhail Buturlin, Russia; Roman Gofman, Russia.

Attendance — 11,076 at Sochi, Russia.

BOBSLEIGH

At Krasnaya Polyana, Russia

MEN'S FOURS

(final rankings after four runs)

1. Russia 1 (Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov, Alexey Voevoda), three minutes 40.60 seconds; 2. Latvia 1 (Oskars Melbardis, Daumants Dreiskens, Arvis Vilkaste, Janis Strenga), 3:40.69; 3. United States 1 (Steven Holcomb, Curt Tomasevicz, Steve Langton, Chris Fogt), 3:40.99; 4. Russia 2 (Alexander Kasjanov, Ilvir Huzin, Maxim Belugin, Aleksei Pushkarev), 3:41.02; 5. Britain 1 (John James Jackson, Stuart Benson, Bruce Tasker, Joel Fearon), 3:41.10.

6. Germany 1 (Maximilian Arndt, Marko Huebenbecker, Alexander Roediger, Martin Putze), 3:41.42; 7. Germany 2 (Thomas Florschuetz, Joshua Bluhm, Kevin Kuske, Christian Poser), 3:41.51; 8. Switzerland 1 (Beat Hefti, Alex Baumann, Juerg Egger, Thomas Lamparter), 3:41.75; **9. Canada 1 (Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton), 3:41.76;** 10. Germany 3 (Francesco Friedrich, Jannis Baecker, Gregor Bermbach, Thorsten Margis), 3:41.80.

Also — 13. Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; Bryan Barnett, Edmonton), 3:42.84; Did Not Qualify For Fourth Run — 30. Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; Graeme Rinholm, Medicine Hat, Alta.), 2:50.80.

CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russsia

MEN'S 50-KILOMETRE FREESTYLE (MASS START)

1. Alexander Legkov, Russia, one hour 46 minutes 55.2 seconds; 2. Maxim Vylegzhanin, Russia, 1:46:55.9; 3. Ilia Chernousov, Russia, 1:46:56.0; 4. Martin Johnsrud Sundby, Norway, 1:46:56.2; 5. Sergei Dolidovich, Belarus, 1:47:09.5.

6. Robin Duvillard, France, 1:47:10.1; 7. Anders Soedergren, Sweden, 1:47:13.0; 8. Daniel Richardsson, Sweden, 1:47:19.6; 9. Johan Olsson, Sweden, 1:47:27.3; 10. Iivo Niskanen, Finland, 1:47:27.5. **Canadians — 19. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:47:40.9; 20. Ivan Babikov, Canmore, Alta., 1:47:41.8; 28. Graeme Killick, Fort McMurray, Alta., 1:48:22.4; 56. Jesse Cockney, Canmore, Alta., 1:59:16.6.**

Horoscopes

♈ Aries
March 21 - April 20
Although you should be feeling good about yourself as the new week begins, you are advised not to go over the top in any way or the consequences could be painful.

♉ Taurus
April 21 - May 21
Fantasy and reality sometimes gets blurred and there is a danger you could cross that line and do something foolish today. If you do make a mistake, make sure you learn the lesson it has for you.

♊ Gemini
May 22 - June 21
If you want to move up in the world it won't be long before an opportunity to do so comes along. While you're waiting, try getting your health and fitness routine in better shape.

♋ Cancer
June 22 - July 23
What happens over the next few days will introduce you to news ways of making sense of the world. What you discover will make you realize that a lot of what you were taught to believe was nonsense.

♌ Leo
July 24 - Aug. 23
Make sure that you are getting paid the right amount for your talents. If you allow yourself to be cheated out of small amounts now, you will be cheated out of larger amounts later on.

♍ Virgo
Aug. 24 - Sept. 23
This week Mercury, your ruler, is still going through one of its difficult phases. Between now and Friday, when Mercury moves in your favour again, don't take it for granted that what you're being told is true.

♎ Libra
Sept. 24 - Oct. 23
Travel and social plans may have to be changed today as the planets bring to light information that casts doubt on other people's motives.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in Pisces makes this one of the best times of the year for you and when the Sun links with Jupiter next weekend you will get your reward for the efforts you have made. Between now and then though, be patient.

♐ Sagittarius
Nov. 23 - Dec. 21
Be more open with loved ones as the new week begins. If you make the effort, you will quite easily find the words that have been lacking these past few weeks — words that heal rifts.

♑ Capricorn
Dec. 22 - Jan. 20
Even if you are the kind of Capricorn who too often lets your inhibitions get in the way of having fun, you will enjoy yourself immensely over the next few days.

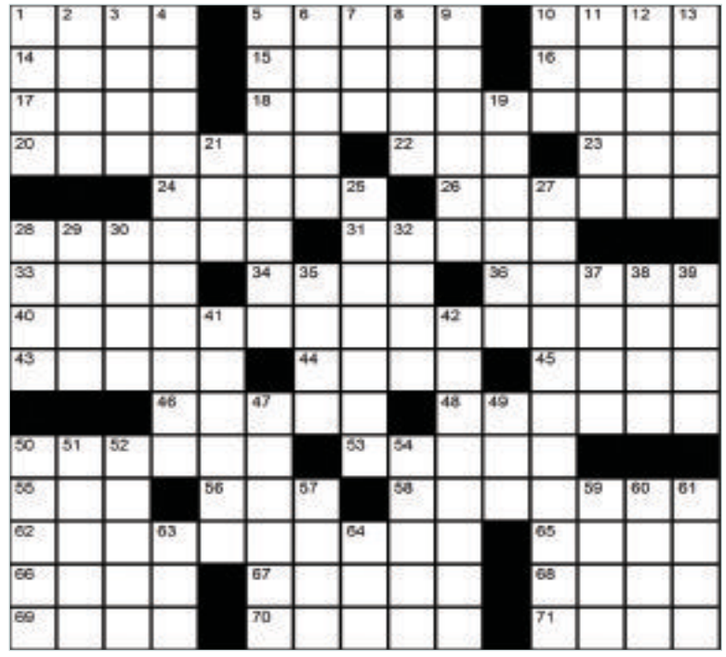
♒ Aquarius
Jan. 21 - Feb. 19
You need to protect what you have gained. Common sense tells you that your winning streak can't last forever and if you carry on taking risks, you could lose it all. Maybe it's time to cash in some of those chips.

♓ Pisces
Feb. 20 - March 20
This is very much a time to take risks. What happens around the time of the new moon on the 1st will delight you but it will be so much better if you start making creative and romantic things happen now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

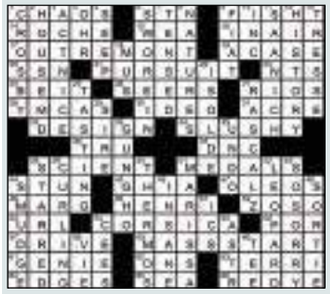
BY KELLY ANN BUCHANAN



Across
1. Sharon, Lois & __
5. Blackthorn fruits
10. "Song for the __": Maritime folk tune
14. Ms. Falana
15. "Cityline" guest expert, Bryce __ (Homeopath)
16. Stylish
17. Rent-_-__
18. Oscar-winning film, "Terms of __" (1983)
20. Canadian-born alum of SNL, Phil __
22. Hoops org.
23. Back then
24. Despises
26. National Capital Region community
28. Saskatchewan export
31. "It's been _ __ pleasure."
33. Swedish car
34. Broadway musical, Man __ __ Mancha
36. Intimidate
40. Waiter in Hollywood, often: 2 wds.
43. Not here
44. "__! _ mouse!"
45. Pants part
46. More pleasant
48. Some countertop edgings
50. Ms. Milano
53. Ms. Graff of '80s sitcom "Mr. Belvedere"
55. Writer, Rita __ Brown
56. Tiny tallnesses
58. Dublin's country
62. Quebec: Grosse Ile and the Irish Memorial National Historic Site (Where there was a __ station from 1832 to 1937)
65. Condo purchaser's wish
66. Bear constellation
67. Major artery
68. 'E' in QED
69. "Too stuffed, thanks." = "_ __."
70. Pari __ (Impartially)
71. Phone nos.

Down
1. Ho-hum
2. __-_-Fella Records
3. Wing-like
4. Winnipeg-raised actress on new Global medical drama "Remedy": 2 wds.
5. "Welcome Back, Kotter" student
6. ELO's Jeff
7. Former
8. Paradise
9. U.S. Navy builder
10. Fancy-style 1900
11. "_ __ a Symphony" by The Supremes
12. Naomi Watts starred in the 2002 American version of this Japanese horror
13. Ontario community
19. Hotels chain
21. Humanities degs.
25. F. Murray Abraham's Oscar-winning "Amadeus" (1984) role, Antonio __
27. Alannah Myles chart-topper about Elvis: 2 wds.
28. "Over here..."
29. Pledge
30. Weight allowance
32. Placing
35. Take off
37. __ Reader (Alternative press magazine)
38. Oasis songwriter
39. "__ bien!"
41. Memoirs of a __ (Arthur Golden novel)
42. Vicki __, Vancouver-born broadcaster
47. Snooze
49. Mariner's dir.
50. Quebec: Town in the Lower Saint-Lawrence
51. Ms. Linney
52. Leavening agent
54. Buildups in dryers
57. Greek portico
59. 'Million' suffix
60. Oscar-winner Patricia
61. ABC's ballroom show
63. Ms. Dawn Chong
64. US tax bureau

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	1	3	7	9	4	2	5	6
6	5	4	2	3	1	7	9	8
9	7	2	6	8	5	1	3	4
7	3	9	5	4	8	6	1	2
2	8	1	3	6	9	4	7	5
5	4	6	1	7	2	9	8	3
4	2	5	9	1	3	5	6	7
1	6	5	8	2	7	3	4	9
3	9	7	4	5	6	8	2	1

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